



BAKING
MADE
EASY



Dear Madam:

Baking is easy with Occident Flour. You are assured of perfect results always.

Watch the popularity of your bread plate grow when you bake with Occident. Watch, too, how much longer your baking holds over-fresh flavor.

The following pages contain a variety of recipes developed and tested in our own Home Economics Kitchen. We know you will enjoy using them.

Please use Occident Flour with these recipes. You will have uniformly perfect results every time, if ingredients are measured accurately, if you follow the method given — and you use Occident Flour.

Yours for better baking
Russell-Miller Milling Co.



Occident Flour is approved by the Bureau of Food Sanitation and Health—a research organization maintained by Good Housekeeping Magazine.



Occident Flour is approved by the "Household Searchlight"—a research bureau maintained by the Household Magazine.

Occident Flour conforms to all National, State and Municipal Food Laws.

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Make Your Bread Plate Do Double Duty

YOU can stretch your food dollar by making the bread plate more popular in your home. There are two ways to do it. First, by placing on your bread plate the kind of bread your family wants to eat, and secondly, by changing the variety of your bread frequently.

Your bread will gain in popularity when you bake with Occident Flour. You will find that your family eats two slices of Occident bread where but one slice was eaten before. That means your family eats less of more expensive foods. Your food dollar goes farther.

On the opposite page the principal steps in the bread baking process are shown. It looks easy—and it is easy, when you use Occident Flour. You are sure from start to finish that each baking will be uniformly successful.

Follow This Easy Method

PHOTOGRAPHS below show how easy it is to bake your bread. Study these photographs a moment—then turn the page to our tested recipes.

You will find the reward decidedly worth while. Your entire family—particularly the youngsters—will take to bread with a new relish.



1 *Utensils. Collect—arrange—save time—save energy.*



2 *Mixing. Sift flour before measuring. Measure accurately. Beat sponge thoroughly.*



3 *Knead until elastic—and does not stick to the board.*



4 *Temperature of dough largely determines quality of bread. First rising—dough doubles in bulk ($2\frac{1}{2}$ hours).*



5 *Second rising. Imprint of finger shows dough is light.*



6 *Stretching dough before forming the loaf.*



7 *Forming a loaf. No more flour is added. If hard to handle, cover and let dough rest until easy to handle.*



8 *Baking—standard loaves 45-50 minutes. Large loaves 1 hour, hot oven 15 minutes, reduce heat.*

Success in Baking Depends Upon:

- a. Accurate tested recipe.
- b. Quality of ingredients.
- c. Accurate measurements.
- d. Careful combination of ingredients.
- e. Even, accurate oven temperature and correct baking time.
- f. Proper care of baked products after baking.

Occident Recipes in this Book Have Been:

- a. Tested accurately.
- b. Based on high quality ingredients, including Occident Flour.
- c. Measured by using:
 1. A standard measuring cup holding one-fourth quart and divided by ridges on one side into thirds and on the other side into fourths.
 2. A standard tablespoon that holds one-sixteenth of a cup.
 3. A standard teaspoon that holds one-third of a tablespoon.
 4. A standard one-half teaspoon.
 5. A standard one-fourth teaspoon.
 6. A standard quart measure divided by ridges into fourths. Each fourth holds one cup.
 7. A tested scale.

Measure All Ingredients Accurately

1. To Measure Dry Ingredients:

Fill the cup, spoon or other measure overflowing. Pass a spatula or the straight edge of a knife over the top, leveling the material.

Occident Flour must be sifted once before baking any product. Occident Flour packs down in the sack or flour bin, and must be sifted once before measuring to insure an accurate basic quantity.

From one-fourth to one-third more Occident Flour than will be required is present in the measuring unit unless the flour is sifted before measuring.

First sift Occident Flour—then measure—then sift again with other dry ingredients according to instructions in recipe.

2. To Measure Shortening:

A quick, easy and accurate way of measuring shortening is by the use of cold water (called the "displacement method"). For example, to measure $\frac{1}{2}$ cup of solid shortening, fill a standard measuring cup one-half full of cold water. Drop pieces of solid shortening into the water, pressing them under the water until the water level reaches the one-cup mark. Drain off the water, and the shortening will drop out of the cup easily. In measuring $\frac{1}{3}$ cup of shortening, fill the cup $\frac{2}{3}$ full of water and proceed in same manner.

A tablespoon or teaspoon of solid shortening is measured in the same manner as dry ingredients.

Liquid shortening is measured the same as other liquids.

3. To Measure Liquids:

Fill the measure to the level desired.

4. To Combine Ingredients:

1. Mix lightly, enclosing as much air into each mixture as possible. A lighter product will result.
2. Be sure dry ingredients are thoroughly mixed when several are sifted together.
3. No baked product is improved by too much handling or packing down of ingredients and doughs.
4. When using an Electric Mixer to combine ingredients, follow directions given for the use of that mixer.

5. Baking at an even accurate temperature for the correct length of time completes the making of a nutritious, easily-digested baked product. Note time and temperature given in each recipe.

6. Care of Products after Baking:

Products that are not served hot should be taken from the pans, placed on cooling rack, and when thoroughly cooled, stored in clean, well-aired containers.

YEAST BREADS

WHITE BREAD

(Straight Dough Method)

12 cups Occident Flour
(sifted).
2 cups milk.
2 $\frac{1}{4}$ cups water.
1 cake compressed yeast.
2 $\frac{1}{2}$ tablespoons sugar.
1 $\frac{1}{2}$ tablespoons salt.
1 $\frac{1}{4}$ tablespoons
shortening.

Quantity: 4 loaves,
4 $\frac{1}{2}$ " x 8 $\frac{1}{2}$ ".

Temperature: 400°F.
Time: 45 minutes.

Dissolve yeast and sugar in $\frac{1}{4}$ cup lukewarm water (80-82°F.). Sift flour before and after measuring. Scald milk, add water and salt and cool until lukewarm. To this add dissolved yeast and sugar. Add one-half the flour and beat thoroughly. Add melted shortening. Add remainder of flour gradually and beat thoroughly after each addition. Turn onto lightly floured board and knead until smooth and elastic. Place in bowl, cover and allow to rise in warm place, 80-85°F. until double in bulk, about 2 $\frac{1}{2}$ hours. Punch down. Let stand 30 minutes. Shape into loaves that will half fill the pans. Place in greased bread pans and allow to rise until dough fills pans well, about 1 hour. Bake in moderate oven. Remove from pans and allow to cool before storing.

WHITE BREAD

(Straight Dough Method)

3 cups Occident Flour
(sifted).
 $\frac{1}{2}$ cup milk.
1 $\frac{1}{4}$ cups water.
 $\frac{1}{2}$ cake compressed yeast.
2 teaspoons sugar.
1 $\frac{1}{4}$ teaspoons salt.
1 teaspoon shortening.

Quantity: 1 loaf.
4 $\frac{1}{2}$ " x 8 $\frac{1}{2}$ ".

Temperature: 400°F.
Time: 45 minutes.

Dissolve yeast and sugar in $\frac{1}{4}$ cup lukewarm water (80-82°F.). Sift flour before and after measuring. Scald milk, add water and salt and cool until lukewarm. To this add dissolved yeast and sugar. Add one-half the flour and beat thoroughly. Add melted shortening. Add remainder of flour gradually and beat thoroughly after each addition. Turn onto lightly floured board and knead until smooth and elastic. Place in bowl, cover and allow to rise in warm place, 80-85°F. until double in bulk, about 2 $\frac{1}{2}$ hours. Punch down. Let stand 30 minutes. Shape into loaves that will half fill the pans. Place in greased bread pans and allow to rise until dough fills pans well, about 1 hour. Bake in moderate oven. Remove from pans and allow to cool before storing.

WHITE BREAD

(Sponge Method)

Use same recipe as given for either four-loaf or one loaf baking of White Bread—Straight Dough Method.

Follow Sponge Method using either compressed or dry yeast.

Dissolve yeast and sugar in $\frac{1}{4}$ cup lukewarm water 80 to 85°F. Sift flour before and after measuring. Scald milk, add water and cool until lukewarm. To this add dissolved yeast and sugar. Add one-half the flour. Beat this sponge thoroughly. Cover and allow to rise in moderately warm place, 70 to 75°F. overnight or at 80 to 85°F. until light, about 2½ hours. When sponge is light, add salt and melted shortening. Add remainder of flour gradually, beating thoroughly after each addition. Turn onto lightly floured board and knead until smooth and elastic. Place in bowl, cover and allow to rise in a warm place, 80 to 85°F. until double in bulk, about 2 hours. Punch down and let stand 30 minutes. Shape into loaves that will half fill the pans. Place in greased bread pans and allow to rise until dough fills pans well, about one hour. Bake in a moderate oven. Remove from pans and allow to cool before storing.

ORANGE BREAD

*4 cups Occident Flour (sifted).
¼ cup water.
1 cake compressed yeast.
4 tablespoons sugar.
1 cup orange juice.
1 tablespoon grated orange rind.
1½ teaspoons salt.
1 egg.
2 tablespoons shortening.*

*Quantity: 2 loaves,
4½" x 8½".*

*Temperature: 400°F.
Time: 35 minutes.*

Dissolve yeast and sugar in $\frac{1}{4}$ cup lukewarm water (80-82°F.). Sift flour before and after measuring. Heat orange juice, add grated orange rind and salt and cool until lukewarm. To this add dissolved yeast and sugar, and slightly beaten egg. Add one-half the flour and beat thoroughly. Add melted shortening. Add remainder of flour gradually and beat thoroughly after each addition. Turn onto lightly floured board and knead until smooth and elastic. Place in bowl, cover and allow to rise in warm place, 80 to 85°F. until double in bulk, about 1½ hours. Punch down. Let stand 15 minutes. Shape into loaves that will half fill the pans. Place in greased bread pans and allow to rise until dough fills pans well, about 1 hour. Bake in a moderate oven. Remove from pans and allow to cool before storing.

SWEET ROLL DOUGH

(Basic Recipe)

*8 cups Occident Flour (sifted).
1 cup milk.
1½ cups water.
2 or 3 cakes compressed yeast.
½ cup sugar.
4 teaspoons salt.
2 eggs.
¼ cup shortening.*

Dissolve yeast and sugar in $\frac{1}{4}$ cup lukewarm water (80-82°F.). Sift flour before and after measuring. Scald milk. Add remainder of water and salt and cool until lukewarm. To this add dissolved yeast and sugar and slightly beaten eggs. Add one-half the flour and beat thoroughly. Add melted shortening. Add remainder of flour gradually and beat thoroughly after each addition. Turn onto lightly floured board and knead until smooth and elastic. Place in bowl, cover and allow to rise in warm place (80-85°F.) until double in bulk, about 1¾ hours. Punch down. Let stand 30 minutes. Dough may be made into any of the following rolls.

Individual Rolls

Made from Sweet Roll Dough (Basic Recipe)

Quantity: 4 to 5 dozen.

Temperature: 400°F. Time: 10 to 15 mins.

Individual rolls may be made more uniform and may be handled easily if pieces of dough are first shaped into small balls, about $1\frac{1}{2}$ inches in diameter, and allowed to rest on the board from 3 to 5 minutes before shaping. Form into desired shape. Place far apart on greased baking sheet or in individual muffin pans. Let rise, in warm place (80-85° F.) until very light, 45 minutes to 1 hour. Bake in moderate oven. Remove from pans, place on cooling rack and allow to cool well before storing. These individual rolls may be served plain or as sweet breakfast or luncheon rolls by spreading tops of rolls with powdered sugar icing and sprinkling ground nut meats or chopped fruit on top.

FINGER ROLLS

Roll small ball of dough, pressing the dough more in the center than on the ends to keep the ends rounded.

FRENCH ROLLS

Roll small ball of dough, pressing the dough more on the ends to make the ends pointed.

CRESCENT ROLLS

Shape in same manner as French Rolls, but place on baking sheet, turning the two ends in to form a crescent or horseshoe shape.

KNOT ROLLS

Roll small ball of dough to thin roll about $\frac{1}{4}$ inch in diameter and 8 inches long and tie this into a loose knot.

SNAIL ROLLS

Roll small ball of dough to thin roll about $\frac{1}{4}$ inch in diameter and 8 inches long. Place one end of dough on baking sheet and swing the other end around to form snail shape.

FRUIT SNAILS

Fruit Snails are made by putting one teaspoon of jelly or jam in the center of each roll a few minutes before baking.

TWISTED OR CRAZY ROLLS

Roll small ball of dough to thin roll about $\frac{1}{4}$ inch in diameter and 8 inches long. Twist ends in opposite directions, rolling one end toward you and one end away. Bring the two ends together and allow them to twist several times. Place on the baking sheet in crescent form.

TWISTED COFFEE RINGS

Shape dough same as for the twisted or crazy rolls. Place on the baking sheet, bringing the two ends together to form a circle, or individual ring.

CLOVERLEAF ROLLS

Shape balls of dough about $\frac{3}{4}$ of an inch in diameter. Place three of these balls together in greased muffin pans.

FRUIT CLOVERLEAF ROLLS

Cut a slit in top of each ball of dough. Press a piece of date or raisin into each slit.

TWIN MUFFINS

Shape balls of dough about 1 inch in diameter. Place two of these balls together in greased muffin pans.

FORGET-ME-NOT ROLLS

Shape balls of dough about $\frac{1}{2}$ inch in diameter. Place 5 of these balls together in greased muffin pans.

CINNAMON ROLLS

Roll dough into a rectangular sheet 8x12" and about $\frac{1}{4}$ " thick. Spread with 2 tablespoons melted butter and $\frac{1}{4}$ cup brown or granulated sugar mixed with 1 teaspoon cinnamon. Shape like jelly roll. Cut in $\frac{3}{4}$ inch slices and place cut side down in greased muffin pans.

PECAN BUTTERSCOTCH ROLLS

Prepare in same manner as Cinnamon Rolls, using brown sugar and $\frac{1}{4}$ cup pecan meats in the filling. Put 1 teaspoon melted butter, 1 tablespoon brown sugar and 5 or 6 pecan meats in bottom of each greased muffin pan. Place rolls on top of this.

SWEDISH or DATE NUT TEA RING

Prepare sweet roll dough in same manner as for Cinnamon Rolls, using $\frac{1}{4}$ cup dates, chopped, and $\frac{1}{4}$ cup nut meats, broken, in the filling. Shape into long roll. Cut one slice from each end of roll. Place long roll in greased pan, forming into a ring by joining the two cut ends together. Using the scissors, cut $\frac{1}{2}$ inch slices almost through the roll and around the entire ring. These slices may be turned toward the edge of the pan to make a more fan-shaped tea ring. Let rise in a warm place (80-85°F.) until very light—45 minutes to 1 hour and bake in a moderate oven 400°F. about 30 minutes. Remove from pan and cool before storing. Top of tea ring may be spread with powdered sugar icing and sprinkled with nut meats before serving.

CARAMEL ROLLS

(Bake in 9" square pan or pan 8½x4½"). Caramel Rolls may be shaped same as the Knot Rolls. Dip each roll first in melted butter, then in brown sugar, coating the roll completely. Place these rolls close together in well greased pan. Let rise in warm place (80-85°F.) until very light—about 45 minutes to 1 hour—and bake in a moderate oven (400°F.) about 25 minutes. Remove from pan at once.

PARKERHOUSE ROLLS

3¼ cups Occident Flour
(sifted).
1⅓ cups milk.
1 cake compressed yeast.
3 tablespoons sugar.
1 teaspoon salt.
3 tablespoons shortening.

Quantity: 2½ dozen
large.

Temperature: 400°F.
Time: 15 minutes.

Scald milk and cool until lukewarm (80-82°F.). Dissolve yeast and sugar in ⅓ cup of the warm milk. Sift flour before and after measuring. Combine dissolved yeast and sugar, salt and remainder of milk. Add ½ the flour and beat thoroughly. Add melted shortening. Add remainder of flour gradually and beat thoroughly after each addition. Turn onto lightly floured board and knead until smooth and elastic. Place in bowl, cover and allow to rise in warm place, 80-85°F. until double in bulk, about 1½ hours. Punch down. Let rise about 45 minutes. Shape into rolls, rolling the dough to ¼ inch thickness. Cut with biscuit cutter. Crease through center. Spread thin layer of soft butter on one-half of roll. Fold one-half well over the other half. Place about ½ inch apart on greased baking sheets. Allow to rise until very light, about 45 minutes, and bake in moderate oven.

GERMAN KUCHEN

(Coffee Cake)

3½ cups Occident Flour
(sifted).
½ teaspoon nutmeg.
¼ cup water.
1 cup milk.
1½ cakes compressed
yeast.
¾ cup sugar.
1 teaspoon salt.
1 egg.
¼ cup shortening.
½ cup raisins.

Topping

1½ tablespoons butter.
2 tablespoons granulated
sugar.
1 tablespoon brown sugar
½ teaspoon cinnamon,
if desired.

Quantity: 2 cakes,
9" square.

Temperature: 400°F.
Time: 30 minutes.

Dissolve yeast and 2 tablespoons sugar in ¼ cup lukewarm water (80-82°F.). Sift flour before and after measuring. Scald milk and cool until lukewarm. To this add dissolved yeast and sugar. Add one-half the flour and beat thoroughly. Cover, and allow sponge to rise in a warm place (80-85°F.) until full of bubbles, about 45 minutes. Add remainder of sugar, salt, slightly beaten egg, nutmeg, raisins, and melted shortening. Add remainder of flour gradually and beat thoroughly after each addition. Let stand 10 minutes. Turn onto lightly floured board and knead until smooth and elastic. Place in bowl, cover and let rise until double in size, about 1½ hours. Shape into loaves to fit greased pan. Let rise until light—about 45 minutes. Spread with soft butter. Sprinkle with sugar and cinnamon, if used. Bake in moderate oven. Remove from pans and allow to cool before storing.

BOHEMIAN KOLACHES

6 cups Occident Flour
(sifted).
2 cups milk.
 $\frac{1}{4}$ cup water.
1 cake compressed yeast.
2 tablespoons sugar.
2 teaspoons salt.
1 egg.
3 tablespoons shortening.

Quantity: 3 dozen
medium.

Temperature: 400°F.
Time: 15 minutes.

Scald milk and cool until lukewarm (80-82°F.). Dissolve yeast and sugar in the $\frac{1}{4}$ cup lukewarm water. Sift flour before and after measuring. Combine dissolved yeast and sugar, salt, milk and slightly beaten egg. Add one-half the flour and beat thoroughly. Add melted shortening. Add remainder of flour gradually and beat thoroughly after each addition. Turn onto lightly floured board and knead until smooth and elastic. Place in bowl, cover and allow to rise in a warm place, 80-85°F. until double in bulk, about 2½ hours. Punch down, let rise 45 minutes. Shape into rolls, rolling the dough to $\frac{1}{4}$ inch thickness. Cut into 3 inch squares. Put 2 teaspoons fruit filling in center of each. Bring the four corners of the dough together, covering the filling. Seal well. Place 2 inches apart on well greased baking sheet. Allow to rise until very light, about 1 hour, and bake in a moderate oven. Before serving, dust with powdered sugar.

Fruit Filling

1 cup dried prunes.
1 cup water.
 $\frac{1}{2}$ cup sugar.
 $\frac{1}{4}$ cup walnut meats,
broken.
 $\frac{1}{2}$ teaspoon cinnamon.
(Dried peaches, apricots,
dates or raisins may be
used in place of prunes.)

Cook prunes and water together slowly until prunes are tender. Remove pits from prunes and mash. Add sugar and let cool. Add cinnamon and walnut meats.

ENGLISH ALMOND MUFFINS

6 cups Occident Flour
(sifted).
 $\frac{3}{4}$ cup milk.
3 cakes compressed yeast.
 $\frac{1}{2}$ cup sugar.
1½ teaspoons salt.
6 eggs.
 $\frac{3}{4}$ cup shortening.
1½ cups blanched
almonds.
3 tablespoons sugar.

Quantity: 4 dozen
large.

Temperature: 400°F.
Time: 15 minutes.

Scald milk and cool until lukewarm (80-82°F.). Dissolve yeast and sugar in the lukewarm milk. Sift flour before and after measuring. Combine dissolved yeast and sugar, salt, milk and slightly beaten eggs. Add one-half the flour and beat thoroughly. Add melted shortening. Add remainder of flour gradually and beat thoroughly after each addition. This dough will be too soft to knead. Cover and let stand in a warm place (80-85°F.) until double in bulk, 1½ hours. Mix 3 tablespoons of sugar with 1 cup of the almonds which have been split in half. Cut this lightly into the dough. Let stand 15 minutes. Fill greased muffin pans half full of dough. Press several halves of almonds into the top of each. Let rise, until dough fills pans, about 45 minutes, and bake in moderate oven. These are best served warm or reheated.

HOT CROSS BUNS

*5 3/4 cups Occident Flour
(sifted).
1 teaspoon cinnamon.
1/2 teaspoon nutmeg.
2 cups milk.
1 cake compressed yeast.
1/2 cup sugar.
2 teaspoons salt.
2 eggs.
1/2 cup shortening.
1 tablespoon grated
orange rind.
1/2 cup raisins.*

*Quantity: 4 dozen
medium*

*Temperature: 400°F.
Time: 15 minutes.*

Scald milk and cool until lukewarm (80-82°F.). Dissolve yeast and 2 tablespoons sugar in 1/4 cup of the warm milk. Sift flour before and after measuring. Combine dissolved yeast and sugar and remainder of milk. Add one-half of flour and beat thoroughly. Cover and allow sponge to rise in a warm place (80-85°F.) until full of bubbles, about 1 1/4 hours. Add remainder of sugar, salt, slightly beaten eggs, raisins, orange rind and melted shortening. Sift spices with remainder of flour and add gradually. Beat thoroughly after each addition. Add raisins. Turn onto lightly floured board and knead until smooth and elastic. Place in bowl, cover and allow to rise in a warm place (80-85°F.) until double in bulk, about 1 hour. Shape into buns, forming the dough into small balls, placing them 2 inches apart on greased baking sheet. Press down with the palm of hand and cut a cross on top, using scissors or knife. Allow to rise until very light, about 50 minutes, and bake in a moderate oven. These may be coated with powdered sugar icing while warm or just before serving. One-fourth cup citron and candied cherries may be added with the raisins if desired.

RAISED DOUGHNUTS

*3 1/4 cups Occident Flour
(sifted).
1/2 teaspoon nutmeg.
1/4 cup water.
1 cup milk.
1 cake compressed yeast.
3/4 cup sugar.
1 teaspoon salt.
1 egg.
2 tablespoons shortening.*

Quantity: 2 dozen medium.

Temperature: 350-360°F.

Scald milk and cool until lukewarm (80-82°F.). Dissolve yeast and 1/4 cup sugar in lukewarm water. Sift flour before and after measuring. Add dissolved yeast and sugar to milk. Mix well. Add about one-half the flour or enough to make a good sponge and beat thoroughly. Cover and allow to rise in a warm place (80-85°F.) until very light, about 45 minutes. Add remainder of sugar, nutmeg, salt, and slightly beaten egg to sponge. Add melted shortening. Add remainder of flour gradually and beat thoroughly after each addition. Turn onto lightly floured board and knead until smooth and elastic. Place in bowl and allow to rise in warm place (80-85°F.) until double in bulk, about 1 1/2 hours. Turn onto lightly floured board and roll lightly to about 1/2 inch thickness. Cut with floured doughnut cutter. Cover and let rise until light, about 45 minutes. Drop into hot fat, placing top surface down into fat first. Turn as soon as doughnut rises to top of fat. Fry until well browned on both sides. Put on absorbent paper to drain. Doughnuts may be dusted with powdered or granulated sugar or coated with powdered sugar icing before serving.

ICE BOX or REFRIGERATOR ROLLS

(May be kept in refrigerator 4-7 days. Small amount of dough may be used at one time and remainder kept for later use).

Basic Recipe

7½ cups Occident Flour
(sifted).
½ teaspoon soda.
½ teaspoon baking
powder.
2½ cups water.
1 cake compressed yeast.
½ cup sugar.
1 tablespoon salt.
1 egg.
½ cup shortening.

Quantity: 4 dozen.

Temperature: 400°F.

Time: 15-20 minutes.

Dissolve yeast in ½ cup lukewarm water (80-82°F.) Sift flour, soda and baking powder together. Mix together 2 cups lukewarm water, the dissolved yeast, sugar, salt and egg beaten slightly. Add one-half the flour and beat thoroughly. Add melted shortening. Add remainder of flour gradually and beat thoroughly after each addition. Turn onto floured board and knead until smooth and elastic. Place in bowl, cover and allow to stand in ice box or refrigerator until ready for use. A small amount of dough may be taken from the bowl and shaped into any type of individual rolls. Let rolls rise in greased muffin pans at 80-82°F., 3½ to 4 hours and bake in moderate oven.

To Shape Rolls:

(See Cloverleaf Rolls, Twin Muffins and Forget-Me-Not Rolls given under variations of Individual Rolls made from Sweet Roll Dough—basic recipe).

BUTTERHORN ROLLS

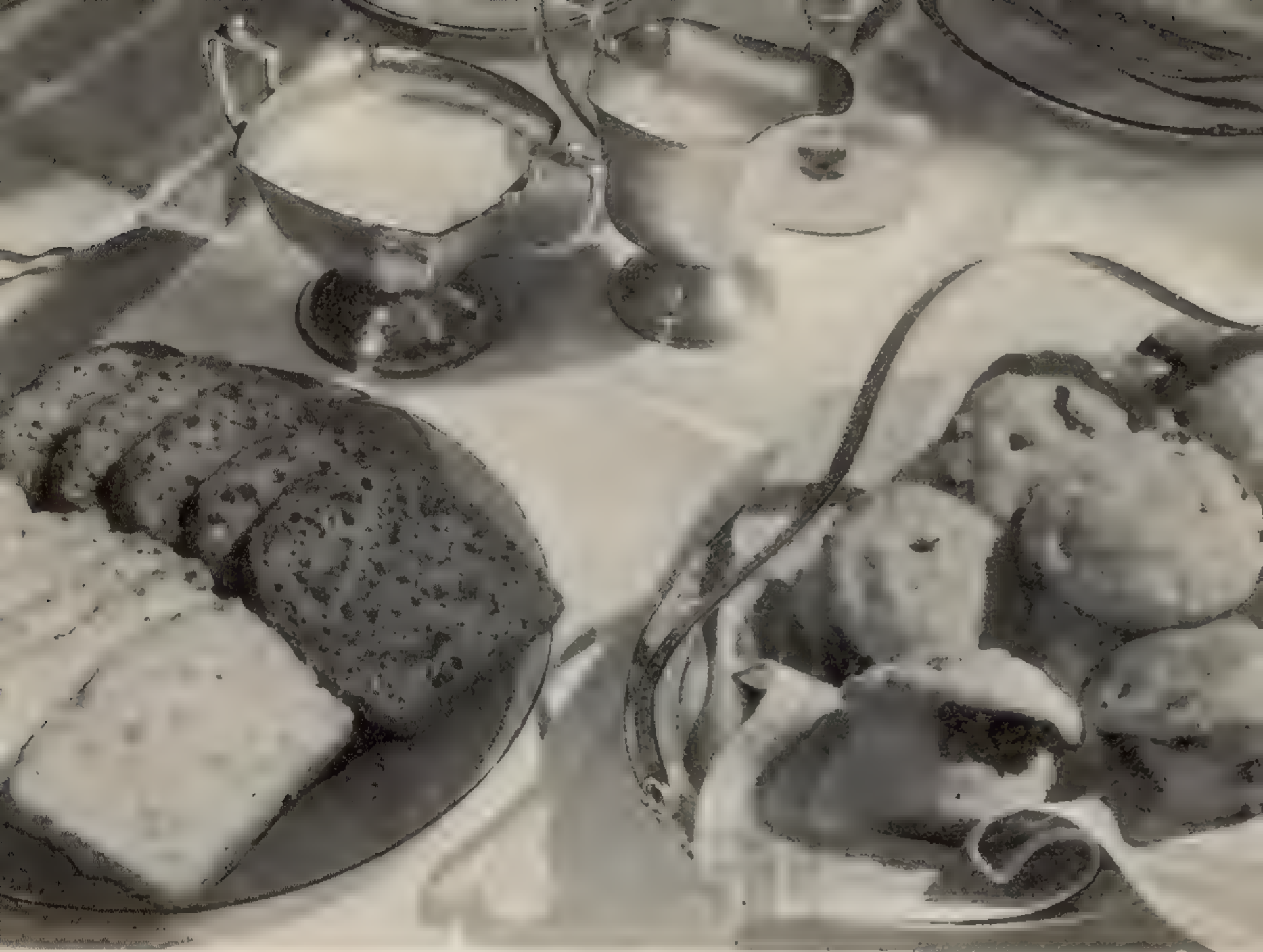
4¼ cups Occident Flour
(sifted).
¼ cup water.
1 cup milk.
1 cake compressed yeast.
½ cup sugar.
2 teaspoons salt.
½ cup butter.
3 eggs.

Quantity: 3½ dozen
medium.

Temperature: 400°F.

Time: 15 minutes.

Scald milk and allow to cool until lukewarm (80-82°F.). Dissolve yeast in ¼ cup lukewarm water. Sift flour before and after measuring. Mix together milk, dissolved yeast, sugar, salt, and slightly beaten eggs. Add ½ of the flour and beat thoroughly. Add melted butter. Add remainder of flour gradually and beat thoroughly after each addition. Place in bowl, cover and allow to stand in ice box or refrigerator at least 4 hours before using. Shape into rolls by rolling a small amount of the dough into a circular form 12" in diameter and about ¼ inch thick. Cut like a pie into 8 pieces. Brush rolls with a thin layer of melted butter. Shape the rolls by rolling up each piece beginning at the base of the triangle and seal the small end firmly. Place in a crescent form about 2 inches apart on a greased baking sheet. Let rise in a warm place (80-85°F.) until very light, about 3 hours. Bake in moderate oven. For fruit or cinnamon butterhorn rolls, a filling of 3 tablespoons butter, ½ cup sugar and 1 teaspoon cinnamon may be prepared. A small amount is spread on each triangular piece of dough before shaping the roll. Or use fruit filling (See Bohemian Kolaches).



For Your "Hurry-Up" Meals

THE quick bread recipes given on the following pages provide variety for your meals. These baked products can be prepared in a jiffy—and they just “make” the meal.

Even though quick breads can be made in a short time, you will still want them to stay fresh as long as possible. You will be surprised at the lasting freshness of your quick breads when you use Occident Flour.

The principal reason for this is the fact that Occident Flour contains an ample quantity of high quality gluten. Gluten is the substance in flour that seals in oven-fresh flavor and retains moisture. The higher the gluten quality (and the more gluten a flour contains) the longer such moisture and flavor will be retained.

This means you need not bake as often with Occident Flour, thus saving on fuel costs and time of preparation.

QUICK BREADS

PLAIN MUFFINS

*1 1/2 cups Occident Flour
(sifted).
3 teaspoons baking powder.
2 tablespoons sugar.
1/2 teaspoon salt.
1 cup milk.
1 egg.
3 tablespoons shortening.*

Quantity: *1 dozen
large.*

Temperature: *400°F.
Time: 25 minutes.*

Sift flour, baking powder, sugar and salt together. Beat egg, add milk, and mix lightly into dry ingredients. Add melted shortening. Fill greased muffin pans half full and bake in moderate oven.

CRANBERRY MUFFINS

*2 cups Occident Flour
(sifted).
4 teaspoons baking
powder.
1/4 teaspoon salt.
1/2 cup shortening.
1/3 cup sugar.
1 egg.
3/4 cup milk.
1 cup cranberries.*

Quantity: *1 1/2 dozen
medium.*

Temperature: *400°F.
Time: 25 minutes.*

Sift flour, baking powder and salt together. Cream shortening, add sugar gradually, add unbeaten egg and beat well. Add dry ingredients and milk alternately. Fold in cranberries cut in half. Fill greased muffin pans half full and bake in moderate oven.

BLUEBERRY MUFFINS

*2 cups Occident Flour
(sifted).
3 teaspoons baking
powder.
1/4 cup sugar.
1/2 teaspoon salt.
1 cup milk.
2 eggs.
1/4 cup shortening.
1 cup blueberries (fresh
or unsweetened canned
berries, well drained).*

Quantity: *1 1/2 dozen
medium.*

Temperature: *375°F.
Time: 30 minutes.*

Sift flour, baking powder, sugar and salt together. Add blueberries. Beat egg. Add milk and combine mixtures lightly. Add melted shortening. Fill greased muffin pans half full and bake in moderate oven.

BAKING POWDER BISCUITS

(Basic Recipe for Biscuit Dough)

*2 cups Occident Flour
(sifted).
4 teaspoons baking
powder.
1 teaspoon salt.
1/4 cup shortening.
3/4 cup milk.*

Quantity: *1 1/2 dozen
medium.*

Temperature: *450°F.
Time: 12-15 minutes.*

Sift flour, baking powder and salt together. Cut shortening into dry ingredients, using pastry blender or two knives. Add milk, mixing lightly. Turn onto lightly floured board. Pat or roll to 1/2 inch thickness. Cut with floured biscuit cutter. Place on baking sheet and bake in hot oven.

ORANGE FILLED ROLLS

2 cups Occident Flour
(sifted).
4 teaspoons baking
powder.
1 teaspoon salt.
1 teaspoon sugar.
 $\frac{1}{3}$ cup shortening.
1 teaspoon grated
orange rind.
 $\frac{3}{4}$ cup milk.

Quantity: 1 dozen
rolls.

Temperature: 425°F.
Time: 20 minutes.

Sift flour, baking powder, salt and sugar together. Cut shortening into dry ingredients, using pastry blender or two knives. Add orange rind and milk, mixing lightly. Turn onto lightly floured board. Pat or roll to $\frac{1}{2}$ inch thickness. Spread orange filling evenly over dough to within $\frac{3}{4}$ inch of edge. Cut into $\frac{3}{4}$ inch strips with knife. Roll each strip loosely. Place cut side down into greased muffin pans and bake in hot oven.

Orange Filling

Melt butter, add sugar and mix well. Add orange juice and rind and cook until mixture leaves sides of pan, stirring constantly. Remove from heat, add sugar, and mix until sugar is dissolved. Cool before spreading on dough.

2 tablespoons Occident
Flour.
 $1\frac{1}{2}$ tablespoons butter.
1 teaspoon grated
orange rind.
 $\frac{1}{4}$ cup orange juice.
 $\frac{1}{2}$ cup sugar.

NUT BREAD

2 cups Occident Flour
(sifted).
3 teaspoons baking
powder.
 $\frac{3}{4}$ teaspoon salt.
 $\frac{1}{2}$ cup sugar.
1 cup walnut meats,
cut fine.
1 egg.
1 cup milk.

Quantity: 1 loaf,
 $4\frac{1}{2}" \times 8\frac{1}{2}"$.

Temperature: 375°F.
Time: 45 minutes.

Sift flour, baking powder, salt and sugar together. Add nut meats. Beat egg, mix with milk and add to dry ingredients, mixing lightly. Pour into bread pan lined with waxed paper. Let stand 20 minutes. Bake in moderate oven.

GINGERBREAD

$2\frac{1}{2}$ cups Occident Flour.
(sifted).
1 teaspoon soda.
1 tablespoon ginger.
 $\frac{1}{4}$ teaspoon salt.
 $\frac{1}{2}$ cup butter.
1 cup sugar.
2 eggs.
 $\frac{1}{2}$ cup molasses.
1 cup boiling water.

Quantity: 1 loaf,
 $9\frac{1}{2}" \times 9\frac{1}{2}"$.

Temperature: 375°F.
Time: 35 minute.

Sift flour, salt, soda and ginger together. Cream butter, add sugar gradually. Cream well. Add eggs. Beat well. Mix together molasses and boiling water and add alternately with sifted dry ingredients. Pour into greased pan and bake in moderate oven.

BANANA BREAD

2 cups Occident Flour.
(sifted).
 $\frac{1}{2}$ teaspoon baking
powder.
1 teaspoon soda.
 $\frac{1}{2}$ teaspoon salt.
2 tablespoons shortening.
1 cup sugar.
1 egg.
2 tablespoons sour milk.
 $1\frac{1}{2}$ cup mashed bananas.
 $\frac{1}{2}$ cup walnut meats,
broken.

Quantity: 1 loaf,
 $5" \times 9"$.

Temperature: 350°F.
Time: 1 hour.

Sift flour, baking powder, soda and salt together. Cream shortening, add sugar and beaten egg. Mix well. Mash bananas and rub through sieve. Add milk. Add nuts to sifted dry ingredients and fold into creamed mixture gradually, alternating with milk and bananas. Pour into pan lined with waxed paper, and bake in moderate oven.

DATE NUT BREAD

3 cups Occident Flour
(sifted).

2 teaspoons soda.

2 teaspoons baking
powder.

$\frac{1}{4}$ teaspoon salt.

$\frac{1}{4}$ cup shortening.

2 cups sugar.

2 eggs.

$1\frac{3}{4}$ cups hot coffee or
water.

$\frac{1}{2}$ cup walnut meals,
broken.

$1\frac{1}{2}$ cups dates, chopped.

$1\frac{1}{2}$ teaspoons vanilla.

1 cup Occident Flour.
(sifted).

$\frac{1}{2}$ teaspoon salt.

2 eggs.

1 cup milk.

2 teaspoons melted
shortening.

Quantity: 2 loaves,

$4\frac{1}{2}$ " x $8\frac{1}{2}$ "

Temperature: 350°F.

Time: 40 minutes.

Sift flour, baking powder, soda and salt together. Cream shortening. Add sugar gradually. Mix well. Add beaten eggs and vanilla and beat thoroughly. Mix dates and nut meats with sifted dry ingredients and add alternately with liquid. Pour into loaf pans lined with waxed paper. Let stand 15 minutes. Bake in moderate oven.

POPOVERS

Quantity: 1 dozen medium.

**Temperature: 450°F. for 15 minutes,
then 350°F. for 25 minutes.**

Heat well greased muffin pans in hot oven. Sift flour and salt together into mixing bowl. Add milk, eggs and melted shortening and beat well until batter is light and smooth. Use rotary egg beater. Fill hot muffin pans $\frac{1}{3}$ to $\frac{1}{2}$ full and place in hot oven 15 minutes. Then reduce to moderate oven to finish baking.

WAFFLES

Quantity: 8 8-inch waffles.

Sift flour and baking powder together. Beat egg yolks. Add salt. Add sifted dry ingredients alternately with milk. Add melted shortening. Fold in egg whites, beaten stiff but not too dry. Bake on hot waffle iron, allowing about three minutes for each waffle.

2 cups Occident Flour
(sifted).

3 teaspoons baking
powder.

3 eggs.

$\frac{1}{2}$ teaspoon salt.

2 cups milk.

$\frac{1}{2}$ cup melted shortening.

GRIDDLE CAKES

(Sweet Milk)

Quantity: 12 medium cakes.

Sift flour and baking powder together. Beat egg, add salt. Add sifted dry ingredients and milk alternately. Fold in melted shortening. Bake on hot griddle. Serve at once.

$1\frac{1}{4}$ cups Occident Flour
(sifted).

2 teaspoons baking
powder.

$\frac{1}{2}$ teaspoon salt.

1 egg.

1 cup milk.

2 tablespoons melted
shortening.

GRIDDLE CAKES

(Sour Milk)

Use recipe for sweet milk griddle cakes, using $1\frac{1}{4}$ cups sour milk or buttermilk in place of 1 cup sweet milk. Use $\frac{1}{2}$ teaspoon soda and $\frac{1}{2}$ teaspoon baking powder in place of 2 teaspoons baking powder. Use same method.



New Charm for Everyday Meals

IF YOU are looking for something in the way of a dessert that will “go over big” with your family, try a cake made with Occident Flour.

Only the most carefully selected wheat is used in milling Occident. This kind of wheat naturally means finer flavor . . . of paramount importance in cake baking.

If you have the mistaken idea that the extra gluten strength of Occident Flour might interfere with a light, fluffy texture for your cakes, you have a pleasant surprise coming when you bake your first cake from Occident. Just sift Occident a few more times—and it will give you a light fluffy cake that will delight both the eye and the palate.

You will find a rich and substantial quality in the Occident baked cake . . . along with a lasting freshness that eliminates necessity for frequent baking.

Cake—Quickly and Easily Made

MOST women are more interested in butterless cakes than the butter type. So we selected the butterless cake for the detailed photographs below—which show how quickly and easily you can make Occident cakes. Recipes for butter cakes—as well as the butterless type—are given on the following pages.



1 *Beat egg yolks until thick. Have all ingredients cold.*



5 *Fold one-half of the beaten egg whites into first mixture.*



2 *Add sifted sugar. Beat thoroughly. Add grated lemon rind mixed with lemon juice.*



6 *Add sifted dry ingredients slowly. Fold in lightly.*



3 *Sift flour before measuring. Sift flour and baking powder five times.*



7 *Fold in remainder of beaten egg whites. Put in ungreased tube pan.*



4 *Beat egg whites and salt. When frothy add cream of tartar. Beat until very light.*



8 *Bake 1 hour at 300-325 degrees F. Remove from pan when cool.*

CAKES AND ICINGS

BUTTER CAKE

(Basic Recipe)

*2 $\frac{1}{4}$ cups Occident Flour
(sifted).*

*3 teaspoons baking
powder.*

$\frac{1}{2}$ cup butter.

1 $\frac{1}{2}$ cups sugar.

$\frac{1}{2}$ teaspoon salt.

1 cup milk.

3 eggs.

*1 $\frac{1}{2}$ teaspoons vanilla
extract.*

*($\frac{1}{2}$ teaspoon lemon or al-
mond extract may be
used with 1 teaspoon
vanilla.)*

Quantity: 1 loaf 9" sq., or 2 9-inch layers.

Temperature: loaf: 350°F.; layers: 375°F.

Time: loaf: 40 minutes; layers: 25 minutes.

Sift flour and baking powder together three times. Cream butter, add sugar gradually, and cream well. Add beaten egg yolks, salt and vanilla. Beat well. Fold flour and baking powder into mixture alternately with milk. Fold in egg whites, beaten stiff but not too dry. Pour into layer or loaf pans, lined with waxed paper and bake in moderate oven.

Variations of Butter Cake

(Use Basic Recipe and Same Method)

WHITE CAKE

Use 6 egg whites in place of 3 eggs.

GOLD CAKE

Use 6 egg yolks in place of 3 eggs, and 2 tablespoons less of flour.

CHOCOLATE CAKE

Use 2 squares unsweetened chocolate and 3 tablespoons less of flour. Add melted chocolate to creamed butter and sugar mixture.

SPICE CAKE

Use $\frac{1}{2}$ teaspoon nutmeg, 1 teaspoon cinnamon, $\frac{1}{4}$ teaspoon allspice and $\frac{1}{4}$ teaspoon cloves. Sift spices together with flour and baking powder.

FRUIT CAKE

Use $\frac{1}{4}$ cup raisins, $\frac{1}{4}$ cup currants, and $\frac{1}{4}$ cup chopped citron. Mix fruit with part of flour before adding to cake batter.

NUT CAKE

Use $\frac{1}{2}$ cup of broken nut meats, mix with part of flour before adding to cake batter.

PINK and WHITE BIRTHDAY CAKE

Make white cake variation, using 6 egg whites. Take out $\frac{1}{3}$ of batter. To this add enough red cake coloring to make batter a delicate pink color. Bake in 3 layers in a moderate oven — 2 white layers and 1 pink layer. Alternate pink and white layers, using boiled or Seven Minute icing between layers and for top and sides of cake. Part of the icing may be colored pink and used for decoration.

APPLE SAUCE CAKE

2 cups Occident Flour
(sifted).

3 teaspoons baking
powder.

$\frac{3}{4}$ teaspoon soda.

1 teaspoon cinnamon.

$\frac{1}{2}$ teaspoon nutmeg.

$\frac{1}{2}$ teaspoon cloves.

$\frac{1}{2}$ cup shortening.

1 cup sugar.

$\frac{1}{4}$ teaspoon salt.

1 egg.

$1\frac{1}{2}$ cups unsweetened
apple sauce.

$\frac{1}{2}$ cup walnut meals,
broken.

$\frac{1}{2}$ cup raisins.

Quantity: 1 loaf,
9"x9".

Temperature: 350°F.

Time: 40 minutes.

Sift flour, baking powder, spices and soda together. Cream shortening, add sugar gradually and cream well. Add unbeaten egg and salt. Mix thoroughly. Mix raisins and walnuts with $\frac{1}{4}$ cup of dry ingredients. Add dry ingredients alternately with apple sauce. Add raisins and nuts. Pour into loaf pan lined with waxed paper and bake in moderate oven.

ORANGE TEA CAKES

$1\frac{1}{4}$ cups Occident Flour
(sifted).

2 teaspoons baking
powder.

$\frac{1}{2}$ cup shortening.

1 cup sugar.

$\frac{1}{4}$ teaspoon salt.

2 eggs.

$\frac{1}{2}$ cup orange juice.

1 tablespoon grated
orange rind.

$\frac{1}{4}$ cup citron (chopped).

$\frac{1}{4}$ cup candied cherries
(chopped).

$\frac{1}{2}$ cup walnut meats,
broken.

Quantity: $1\frac{1}{2}$ dozen
small.

Temperature: 375°F.

Time: 15 minutes.

Sift flour and baking powder together. Reserve $\frac{1}{4}$ cup flour and mix with nut meats and fruit. Cream shortening, add sugar gradually and cream well. Add unbeaten egg yolks, salt and grated orange rind. Beat well. Mix nut meats, citron and cherries into part of flour. Add sifted dry ingredients alternately with orange juice. Add prepared fruit and nut meats. Fold in beaten egg whites. Fill very small greased muffin pans half full and bake in moderate oven. When cold, cover with orange icing.

Orange Icing

2 cups powdered sugar.

2 tablespoons melted
butter.

3 tablespoons orange juice.

1 tablespoon grated orange
rind.

Mix ingredients in order given. Beat all together thoroughly until very light and smooth. Spread on tea cakes.

CHOCOLATE BALLS

1 1/2 cups Occident Flour
(sifted).
1 1/2 teaspoons baking
powder.
1/2 cup shortening.
1 1/2 cups sugar.
1/4 teaspoon salt.
4 eggs.
2 squares unsweetened
chocolate.
1 teaspoon vanilla.
1/2 cup milk.

Quantity: 4 dozen
small.

Temperature: 375°F.
Time: 12 minutes.

Sift flour and baking powder together. Cream shortening, add sugar gradually and cream well. Add salt, unbeaten egg yolks and vanilla and beat thoroughly. Add melted chocolate. Fold dry ingredients in alternately with milk. Fold in egg whites, beaten stiff but not too dry. Fill very small greased muffin pans half full and bake in a moderate oven. When cold, cover with butter sugar icing and roll in shredded cocoanut.

LADY BALTIMORE CAKE

2 1/4 cups Occident Flour
(sifted).
3 teaspoons baking
powder.
1/2 teaspoon salt.
1/2 cup butter.
2 cups sugar.
1 teaspoon vanilla.
6 egg whites.
1 cup milk.

Quantity: 2 9 1/2-inch
layers.

Temperature: 350°F.
Time: 30 minutes.

Sift flour, baking powder and salt together four times. Cream butter, add sugar and cream well. Add vanilla. Fold dry ingredients into mixture alternately with milk. Fold in egg whites, beaten stiff but not too dry. Pour into greased layer cake pans—or line bottom of pans with waxed paper. Bake in moderate oven. When cool, spread fruit and nut filling between layers—and cover top and sides with white icing.

Lady Baltimore Fruit and Nut Filling

3 cups sugar.
1 cup water.
1/3 teaspoon cream of
tartar.
3 egg whites.
1/8 teaspoon salt.
1/2 cup pecan meats,
broken.
3 figs.
1/2 cup raisins.
1/2 teaspoon vanilla.

Mix sugar, water and cream of tartar and boil until it threads—or to a temperature of 240°F. Pour hot syrup slowly onto beaten egg whites and continue beating until icing will pile up. Divide icing. Fold nuts, figs, raisins and salt into one-half and spread between layers of Lady Baltimore Cake. Add vanilla to remainder of icing and spread on top and sides of cake.

1 1/2 cups Occident Flour
(sifted).
2 1/2 teaspoons baking
powder.
1/4 teaspoon salt.
1/3 cup butter.
1 cup sugar.
1 egg.
1 teaspoon vanilla.
2/3 cup milk.

Quantity: 1 loaf,
9" x 9".

Temperature: 350°F.
Time: 30 minutes.

Sift flour, baking powder and salt together. Cream butter. Add sugar gradually. Add unbeaten egg and vanilla. Beat well. Add sifted dry ingredients alternately with milk. Pour into loaf pan lined with waxed paper and bake in moderate oven. When slightly cooled, spread with icing and broil.

Broiled Icing

3 tablespoons melted
butter.
5 tablespoons brown
sugar.
2 tablespoons cream.
1/2 cup shredded cocoanut.

Mix butter, brown sugar and cream together well. Add shredded cocoanut and spread over top of cake while cake is still warm. Place low in oven 275°F. and broil until bubbles appear on surface, about 15 minutes.

JELLY ROLL

$\frac{7}{8}$ cup Occident Flour
(sifted).
1 teaspoon baking
powder.
3 eggs.
 $\frac{1}{4}$ teaspoon salt.
1 cup sugar.
3 tablespoons cold water.
 $\frac{1}{2}$ teaspoon vanilla
extract.
Or 1 tablespoon lemon
juice in place of 1
tablespoon of the water.

Quantity: 12 servings, **Temperature:** 350°F.
Pan 9"x13"x $\frac{3}{4}$ ". **Time:** 15 minutes.

Sift flour and baking powder 6 times. Put remaining ingredients into mixing bowl and beat with rotary egg beater until light and foamy, and until sugar is thoroughly dissolved. Fold sifted flour and baking powder in gradually. Pour into shallow pan lined with waxed paper and bake in moderate oven. When baked, trim edges with sharp knife. Loosen from pan with a spatula and turn onto cloth lightly sprinkled with powdered sugar. Roll slowly and carefully, holding cloth close to cake. Put on cake rack to cool. When ready to serve, unroll cake, fill with jelly or other filling and roll again.

Variations of Filling for Jelly Roll

Fillings for Jelly Roll may be easily varied when rolled into the cold cake. These cakes made from Occident Flour allow for thorough cooling before filling because of the exceptionally moist condition of the cake.

The following are some suggestions for tasty fillings rolled into the cake just before serving.

Jelly or Jam; Lemon Cream Filling; Chocolate Fudge Filling; Sweetened strawberries, crushed; Whipped Cream Filling; Ice Cream Filling, served with hot fudge sauce; Marshmallow Filling; Fruit Filling made with raisins, dates, figs or prunes.

SPICE CAKE

$1\frac{7}{8}$ cups Occident Flour
(sifted).
2 teaspoons baking powder.
 $\frac{1}{2}$ teaspoon soda.
2 teaspoons cinnamon.
 $\frac{1}{2}$ teaspoon nutmeg.
 $\frac{1}{2}$ teaspoon cloves.
 $\frac{1}{2}$ cup shortening.
1 cup sugar.
 $\frac{1}{4}$ teaspoon salt.
2 eggs.
1 cup sour milk.
 $\frac{2}{3}$ cup raisins.

Quantity: 1 9-inch loaf or 2 9½-inch layers.
Temperature: loaf: 350°F.; layers: 375°F.
Time: loaf: 40 minutes; layers: 25 minutes.

Sift flour, baking powder, soda and spices together. Cream shortening. Add sugar gradually and cream well. Add salt and unbeaten eggs. Beat thoroughly. Mix raisins with sifted dry ingredients and add alternately with milk. Pour into loaf or layer cake pans, lined with waxed paper and bake in moderate oven.

DEVILS FOOD

$1\frac{1}{2}$ cups Occident Flour
(sifted).
 $1\frac{1}{2}$ teaspoons baking
powder.
 $\frac{1}{2}$ teaspoon soda.
 $\frac{1}{2}$ teaspoon salt.
2 squares unsweetened
chocolate.
1 cup sugar.
1 cup thick sour cream.
2 eggs.
1 teaspoon vanilla.

Quantity: 1 9-inch loaf or 2 8½-inch layers.
Temperature: loaf: 350°F.; layers: 350°F.
Time: loaf: 40 minutes; layers: 25 minutes.

Sift flour, baking powder, soda and salt together. Melt chocolate. Put sugar, cream, eggs and vanilla into mixing bowl. Beat with rotary egg beater until sugar is dissolved. Add melted chocolate. Add sifted dry ingredients, folding in slowly. Pour into loaf or layer pans lined with waxed paper and bake in a moderate oven.

BANANA NUT CAKE

1 1/3 cups Occident Flour
(sifted).
2 teaspoons baking
powder.
1/4 teaspoon soda.
1/2 cup shortening.
1 cup sugar.
1/2 teaspoon salt.
2 eggs.
2/3 cup mashed bananas.
6 tablespoons sour milk
or buttermilk.
1/3 cup walnut meats,
broken.

**Quantity: 1 9-inch
loaf.**

**Temperature: 350°F.
Time: 40 minutes.**

Sift flour, baking powder, soda and salt together. Cream shortening. Add sugar gradually and cream well. Add unbeaten eggs. Beat thoroughly. Mix nut meats with sifted dry ingredients and add alternately with milk and bananas. Pour into loaf pan lined with waxed paper and bake in moderate oven. Spread with caramel icing or serve with whipped cream.

FRUIT CAKE

2 1/2 cups Occident Flour
(sifted).
1/2 teaspoon salt.
1 teaspoon baking
powder.
1/2 teaspoon soda.
1/2 teaspoon cloves.
1/2 teaspoon nutmeg.
1 teaspoon cinnamon.
1 teaspoon mace.
1/4 lb. raisins and currants.
1/4 lb. dates.
1/4 lb. candied orange,
lemon peel, and candied
pineapple.
1/4 lb. citron.
1/4 lb. almonds, blanched.
1/4 lb. pecans.
1 cup maraschino cherries
(cut in half).
1 teaspoon grated lemon
rind.
1 cup butter.
1 cup sugar.
4 eggs.
1/2 cup grape juice or wine.

**Quantity: 3 loaves,
4 1/2" x 8 1/2".**

**Weight: 4 pounds.
Temperature: 250°F.**

Time: 2 1/2 hours.

Sift flour, salt, baking powder, soda and spices together. Mix chopped fruit and halves of nut meats with 1/4 cup of sifted dry ingredients. Cream butter, add sugar and cream well. Add unbeaten eggs and beat very thoroughly. Add sifted dry ingredients alternately with liquid. Fold in prepared fruit and nuts, mixing lightly. Pour into loaf pans, lined with waxed paper and bake in a slow oven. A shallow pan of water may be put on lower shelf of oven and then removed after 1 1/2 hours of baking. If carefully stored, this fruit cake will keep moist and tasty for several months.

GOLDEN GLOW CAKE

1 1/4 cups Occident Flour.
(sifted).
2 teaspoons baking
powder.
12 egg yolks.
1/4 teaspoon salt.
1 1/4 cups sugar.
1/2 cup hot water.
1 teaspoon lemon extract.

Quantity: 1 large 9" cake.

**Temperature: 300°F. for 20 minutes, then
325°F. for 30 minutes.**

Sift flour and baking powder together six times. Beat egg yolks with wire whip until light and thick. Add salt. Add sugar gradually. Add flavoring and hot water. Add sifted dry ingredients, sifting them gradually into the mixture and fold in carefully. Pour into ungreased tube pan and bake slowly. Invert pan and allow to cool.

SPONGE CAKE

$\frac{3}{4}$ cup Occident Flour.
(sifted).
 $\frac{1}{2}$ teaspoon baking
powder.
6 eggs.
 $\frac{1}{4}$ teaspoon salt.
 $\frac{1}{2}$ teaspoon cream of
tartar.
1 cup sugar.
1 tablespoon lemon juice.
 $\frac{1}{2}$ teaspoon grated lemon
rind.

Quantity: 1 large
9" cake.

Temperature: 325°F.
Time: 1 hour.

Sift flour and baking powder together six times. Beat egg yolks until very light and add the sugar gradually. Add lemon rind and juice. Beat egg whites until foamy, add salt and cream of tartar and beat until stiff but not too dry. Fold part of beaten egg whites into first mixture. Fold sifted flour and baking powder in gradually. Fold remaining egg whites in carefully. Pour into ungreased tube pan. Bake in slow oven. Invert pan. Let stand until cool.

DAFFODIL CAKE

White Part
6 tablespoons Occident
Flour (sifted).
 $\frac{3}{4}$ cup sugar.
6 egg whites.
 $\frac{1}{2}$ teaspoon cream of
tartar.
 $\frac{1}{8}$ teaspoon salt.
 $\frac{1}{2}$ teaspoon almond extract.

Quantity: 1 large
9" cake.

Temperature: 350°F.
Time: 1 hour.

Sift flour and sugar together 6 times. Beat egg whites until foamy, add salt and cream of tartar and beat until stiff but not too dry. Add almond extract. Fold in sifted flour and sugar carefully.

Gold Part
 $\frac{2}{3}$ cup Occident Flour
(sifted).
1 teaspoon baking
powder.
6 egg yolks.
 $\frac{1}{8}$ teaspoon salt.
 $\frac{3}{4}$ cup sugar.
1 teaspoon lemon extract.
 $\frac{1}{4}$ cup hot water.

Sift flour and baking powder together 6 times. Beat egg yolks until light, and add sugar gradually. Continue beating until sugar is dissolved. Add salt, lemon extract and hot water. Fold in flour and baking powder carefully. Pour into ungreased tube cake pan. Put white mixture on top of gold. Place in cold oven and increase temperature to 350°F. to finish baking.

ANGEL FOOD CAKE

$\frac{1}{8}$ cup Occident Flour
(sifted).
12 egg whites or 1 $\frac{1}{2}$ cups.
1 $\frac{1}{2}$ cups granulated sugar.
 $\frac{1}{4}$ teaspoon salt.
1 teaspoon cream of tartar.
1 teaspoon vanilla or
almond extract.

Quantity: 1 large 9-inch cake.
Temperature: 275°F. for 30 minutes, then
325°F. for 30 minutes.

Sift flour eight times. Use egg whip and large bowl or platter. Beat egg whites until foamy, add salt and cream of tartar and beat until stiff but not too dry. Add sugar slowly, folding in carefully with egg whip. Add flavoring. Fold in sifted flour gradually and carefully. Bake in ungreased tube pan in slow oven. Invert pan and allow to stand until cool.

CHOCOLATE ANGEL FOOD CAKE

Use above recipe for angel food cake. In place of $\frac{1}{8}$ cup Occident Flour, use 10 tablespoons Occident Flour and 5 tablespoons cocoa measured after sifting. Use vanilla. Sift cocoa together with flour and proceed as for angel food cake.

SEVEN MINUTE ICING

(Basic Recipe)

*1 cup granulated sugar.
1/2 teaspoon cream of
tartar.
1/4 teaspoon salt.
3 tablespoons water.
2 egg whites, unbeaten.
1 teaspoon vanilla.*

Mix all ingredients together in top part of double boiler. Have boiling water in lower part. Beat with rotary egg beater continuously for 7 minutes. Remove from heat. Spread on cake.

Variations of Seven Minute Icing

Mocha Icing

Use 3 tablespoons coffee in place of water.

Pineapple Icing

Use pineapple juice in place of water. Add 2 tablespoons chopped pineapple before spreading.

Strawberry or Raspberry Icing

Use 3 tablespoons fresh crushed berries in place of water.

Maraschino Cherry Icing

Use 3 tablespoons maraschino cherry juice in place of water. Add 2 tablespoons chopped cherries before spreading.

Caramel Icing

Use 1 cup brown sugar in place of granulated sugar.

FOUR MINUTE ICING

Use electric beater at high speed for four minutes. Any of the above icing recipes may be prepared in this way. Double boiler need not be left on stove over heat but set on base of mixer or on table.

MARSHMALLOW ICING

*1 1/3 cups granulated
sugar.
1 tablespoon cornstarch.
1/2 cup water.
6 marshmallows.
1 egg white.
1/2 teaspoon vanilla.*

Mix sugar and cornstarch together. Add water and cook until syrup spins a thread (to 240°F.). Add marshmallows, cut in half. Beat egg white until stiff. Add syrup gradually, beating constantly. Add vanilla.

MOCHA ICING

*1/4 cup butter.
1 1/4 cups powdered sugar.
1 tablespoon strong
coffee.
1/4 cup almonds, chopped.*

Cream butter, add sugar gradually and cream well. Add coffee. Beat until very light. Add chopped almonds.

CHOCOLATE ICING

*1 egg.
1 cup granulated sugar.
1 tablespoon butter.
1/2 cup milk.
2 squares unsweetened
chocolate.
1/2 teaspoon vanilla.*

Beat egg until thick. Add butter, milk and sugar. Heat well in double boiler. Add melted chocolate. Cook until thick, stirring constantly. Add vanilla.

BOILED ICING

*1 cup sugar.
1/3 cup water.
2 egg whites.
1/2 teaspoon vanilla.*

Mix sugar and water and cook together until it threads, to 240°F. Beat egg whites until stiff. Pour syrup into egg whites gradually, beating constantly. Add vanilla.

FLUFFY ICING

*1 cup granulated sugar.
1 cup brown sugar.
1 cup water.
1 tablespoon corn syrup.
2 egg whites.
1/2 teaspoon vanilla.*

Mix sugar, water and corn syrup and cook until syrup threads—or to 240°F. Beat egg whites until stiff. Add syrup gradually to egg whites, beating constantly. Add vanilla.

BUTTER SUGAR ICING

*1/4 cup butter.
1 1/2 cups powdered sugar.
1 1/2 tablespoons cream.
1 teaspoon vanilla.*

Cream butter. Add sugar and cream and mix well. Add vanilla. This may be kept in refrigerator and used as desired for cakes or steamed puddings. Use plain or mix with whipped cream.

LEMON FILLING

*2 tablespoons Occident
Flour.
1/2 cup sugar.
3/4 cup water.
1 egg.
1/4 cup lemon juice.
1 teaspoon grated lemon
rind.
1 teaspoon butter.*

Heat water in top of double boiler. Mix sugar and flour together and add to water gradually, stirring constantly. Let cook until thick. Add slightly beaten egg. When thick, add lemon juice and rind. Remove from heat and add butter.

CREAM FILLING

*1 recipe powdered sugar
icing such as Mocha
or Butter Sugar Icing.
1 cup cream, whipped.*

Fold whipped cream into icing just before spreading on cake or serving on puddings. Crushed fresh fruit (strawberries or raspberries) or fruit juice (lemon or orange) may be used in place of other liquid in icing.



Cookies

SOUR CREAM COOKIES

4 cups Occident Flour
(sifted).
1 teaspoon soda.
1 teaspoon baking
powder.
1 cup shortening.
1 $\frac{3}{4}$ cups sugar.
1 $\frac{1}{2}$ teaspoon salt.
1 cup thick sour cream.
2 eggs.
1 teaspoon vanilla.

Quantity: 6 dozen Temperature: 400°F.
medium. Time: 10 to 12 minutes.

Sift flour, soda and baking powder together. Cream shortening, add sugar, salt and unbeaten eggs. Beat well. Add sour cream and dry ingredients alternately. Add vanilla. Chill. Roll thin. Cut with floured cookie cutter and place on greased cookie sheet. Sprinkle with sugar. Roll lightly. Bake in moderate oven. Remove from cookie sheet at once.

GINGER SNAPS

3 $\frac{1}{2}$ cups Occident Flour
(sifted).
1 teaspoon soda.
1 cup shortening.
1 cup brown sugar.
1 $\frac{1}{2}$ teaspoon salt.
1 cup molasses.
1 $\frac{1}{2}$ cup cold water.
1 teaspoon ginger.

Quantity: 5 dozen Temperature: 375°F.
medium. Time: 10 to 15 minutes.

Sift flour, soda, salt and ginger together. Add brown sugar. Heat molasses and water to boiling point. Add shortening. Add dry ingredients. Mix lightly. Chill. Roll thin, cut with floured cookie cutter and place on greased cookie sheet. Bake in moderate oven. Remove from cookie sheet at once.

SUGAR COOKIES

2½ cups Occident Flour
(sifted).
4 teaspoons baking
powder.
½ cup butter.
1 cup sugar.
2 eggs.
½ teaspoon salt.
½ cup milk.
1 teaspoon vanilla or
lemon extract.

Quantity: 4 dozen
medium.

Temperature: 400°F.
Time: 10 minutes.

Sift flour and baking powder together. Cream butter, add sugar, salt, vanilla and unbeaten eggs. Beat well. Add sifted dry ingredients and milk alternately. Chill. Roll thin. Cut with floured cookie cutter and place on greased cookie sheet. Sprinkle with sugar. Roll lightly. Bake in moderate oven. Remove from cookie sheet at once.

CHOCOLATE DROP COOKIES

1⅓ cups Occident Flour
(sifted).
½ teaspoon soda.
¼ teaspoon salt.
½ cup butter.
1 cup brown sugar.
1 egg.
2 squares unsweetened
chocolate.
½ cup sour milk.
1 teaspoon vanilla.
½ cup walnut meals,
broken.

Quantity: 2½ dozen
medium.

Temperature: 375°F.
Time: 12 minutes.

Sift flour, soda and salt together. Add nut meats. Melt chocolate. Cream butter. Add sugar, unbeaten egg and vanilla. Add melted chocolate. Add dry ingredients and nut meats alternately with milk. Drop by teaspoonfuls 2 inches apart on greased cookie sheet. Bake in moderate oven. When cool, frost with chocolate icing.

Variation of Chocolate Drop Cookies

To make Chocolate Fruit Cookies add ½ cup raisins or dates to above recipe.

CHOCOLATE ICING

1½ cups powdered sugar.
½ cup cocoa.
2 tablespoons melted
butter.
¼ cup hot water.
½ teaspoon vanilla.

Sift sugar and cocoa together. Add to melted butter. Add hot water gradually. Add vanilla. Beat all until very smooth. Spread on cookies at once.

CRISPY CARAMEL COOKIES

3 cups Occident Flour
(sifted).
1 teaspoon soda.
1 teaspoon cream of
tartar.
1 teaspoon ginger.
1 cup shortening.
2 cups brown sugar.
½ teaspoon salt.
2 eggs.
1 teaspoon lemon extract.

Quantity: 6 dozen
medium.

Temperature: 375°F.
Time: 12 minutes.

Sift flour, soda, cream of tartar and ginger together. Cream shortening. Add sugar, salt, lemon extract and unbeaten eggs. Beat well. Add sifted dry ingredients, mixing lightly. Chill 15 minutes. Shape into long rolls 1 inch in diameter. Cut into ½ inch pieces. Place cut side down on cookie sheet. Flatten with hand. Mark square or diamond shaped design on top, using fork or pastry blender dipped in flour. Bake in moderate oven. Remove from cookie sheet at once.

SNICKERDOODLES

3 cups Occident Flour
(sifted).
1 teaspoon soda.
2 teaspoons cream of
tartar.
1 cup butter.
2 cups sugar.
2 eggs.

Topping

$\frac{1}{4}$ cup sugar.
2 teaspoons cinnamon.

Quantity: 4 dozen
small.

Temperature: 400°F.
Time: 10 minutes.

Sift flour, soda and cream of tartar together. Cream butter. Add sugar and cream well. Add eggs, one at a time. Beat well. Fold dry ingredients lightly into creamed mixture. Chill. Drop by teaspoonfuls 2 inches apart on cookie sheet. Sprinkle each with topping of cinnamon and sugar mixture. Bake in hot oven. Remove from cookie sheet at once.

PEANUT BUTTER COOKIES

2½ cups Occident Flour
(sifted).
2 teaspoons baking
powder.
1 teaspoon soda.
1 cup shortening.
1 cup peanut butter.
1 cup granulated sugar.
1 cup brown sugar.
2 eggs.
 $\frac{1}{2}$ teaspoon salt.
1 teaspoon vanilla.

Quantity: 5 dozen
medium.

Temperature: 375°F.
Time: 12 minutes.

Sift flour, baking powder and soda together. Cream shortening and peanut butter together well. Add sugar gradually. Add unbeaten eggs, salt and vanilla. Beat well. Add dry ingredients, mixing lightly. Shape into long rolls about 2 inches in diameter. Chill until firm. Slice thin. Place on cookie sheet and bake in moderate oven—or follow directions for shaping Crispy Caramel Cookies.

CHOCOLATE PINWHEELS

1½ cups Occident Flour
(sifted).
 $\frac{1}{2}$ teaspoon baking
powder.
 $\frac{1}{2}$ cup butter.
 $\frac{1}{2}$ cup sugar.
 $\frac{1}{4}$ teaspoon salt.
1 square unsweetened
chocolate.
1 egg yolk.
1 teaspoon vanilla.
3 tablespoons milk.

Quantity: 4 dozen
small.

Temperature: 400°F.
Time: 12 minutes.

Sift flour and baking powder together. Cream butter, add sugar, salt, vanilla and unbeaten egg yolk. Fold dry ingredients lightly into mixture alternately with milk. Divide into two parts. Mix melted chocolate into one part of dough. Chill both ten minutes. Roll or pat white dough to thin rectangular sheet (using little or no flour on board). Pat chocolate dough on top of white dough to within $\frac{1}{2}$ inch of edge. Shape like jelly roll. Roll in waxed paper. Keep in refrigerator until firm. Cut into thin slices. Place cut side down on cookie sheet. Bake in moderate oven. Remove from cookie sheet at once.

Variation of Chocolate Pinwheel Recipe

CHECKERBOARD COOKIES

Use Chocolate Pinwheel recipe. Roll chocolate and white dough each to rectangular sheet $\frac{1}{4}$ inch thick. Cut into $\frac{1}{4}$ inch strips. Alternate white and chocolate strips, placing three in a row. In placing second row of strips on top of first, put chocolate on white and white on chocolate. Alternate again for third row. Press together firmly and roll in waxed paper. Chill, slice and bake same as chocolate pinwheel.

DATE NUT ROCKS

3 cups Occident Flour
(sifted).
2 teaspoons baking
powder.
1 teaspoon soda.
 $\frac{1}{2}$ teaspoon salt.
1 cup shortening.
 $1\frac{1}{2}$ cups brown sugar.
3 eggs.
 $\frac{1}{2}$ cup walnut meats,
broken.
 $\frac{3}{4}$ cup dates, chopped.

Quantity: 4 dozen
medium.

Temperature: 375°F.
Time: 15 minutes.

Sift flour, baking powder, soda and salt together. Cream shortening, add sugar and unbeaten eggs. Beat well. Mix nuts and dates with dry ingredients. Fold lightly into creamed mixture. Drop by teaspoonfuls 2 inches apart on greased cookie sheet. Bake in moderate oven.

FRUIT FILLED COOKIES

3 cups Occident Flour
(sifted).
1 teaspoon baking
powder.
 $\frac{1}{2}$ teaspoon soda.
2 teaspoons cinnamon.
1 cup shortening.
2 cups brown sugar.
 $\frac{1}{4}$ teaspoon salt.
2 eggs.

Quantity: 8 dozen
small.

Temperature: 375°F.
Time: 12 minutes.

Sift flour, baking powder, soda and cinnamon together. Cream shortening, add sugar, salt and unbeaten eggs. Beat well. Fold dry ingredients lightly into mixture. Chill. Roll to $\frac{1}{4}$ inch thickness. Spread with fruit filling. Shape like jelly roll. Roll in waxed paper. Keep in refrigerator until firm. Cut into thin slices. Place cut side down on greased cookie sheet. Bake in moderate oven. Remove from cookie sheet at once.

Fruit Filling

$\frac{1}{3}$ cup sugar.
 $\frac{1}{3}$ cup hot water.
1 tablespoon lemon juice.
 $\frac{1}{2}$ cup figs, dates or
raisins (chopped).

Mix in order given. Cook until thick. Chill before spreading on dough.

DATE SPONGE SQUARES

$1\frac{1}{4}$ cups Occident Flour
(sifted).
1 teaspoon baking
powder.
1 teaspoon soda.
 $\frac{1}{4}$ teaspoon salt.
2 tablespoons butter.
1 cup sugar.
1 egg.
1 teaspoon vanilla.
1 cup boiling water.
2 cups dates, chopped.
1 cup walnut meats,
broken.

Icing

3 tablespoons boiling
water.
2 cups powdered sugar.
1 teaspoon lemon extract.

Quantity: $1\frac{1}{2}$ dozen Temperature: 350°F.
(bake in 9"x12" pan). Time: 20 minutes.

Sift flour, baking powder, soda and salt together. Cream butter, add sugar and egg. Mix thoroughly. Add vanilla. Pour boiling water over dates. Mix nut meats with sifted dry ingredients and fold in alternately with water and dates. Pour into greased pan and bake in moderate oven. Cut in squares and glaze with icing.

Mix water, powdered sugar and extract together until smooth. Spread at once on warm date squares.

ALMOND BUTTER BALLS

2 cups Occident Flour
(sifted).

2 teaspoons baking
powder.

$\frac{1}{4}$ teaspoon salt.

$\frac{3}{4}$ cup butter.

1 cup brown sugar.

1 egg.

1 teaspoon vanilla.

$\frac{1}{4}$ teaspoon almond
extract.

$\frac{1}{4}$ cup blanched almonds,
halved.

Quantity: 4 dozen
small.

Temperature: 400°F.

Time: 12 minutes.

Sift flour, baking powder and salt together. Cream butter, add sugar and unbeaten egg and cream well. Add vanilla and almond extract. Add sifted dry ingredients and mix lightly. Shape dough in long rolls about $1\frac{1}{2}$ inches in diameter. Cut in $\frac{1}{2}$ inch pieces. Shape each piece into a small ball, dip in granulated sugar and place on greased cookie sheet. Place one-half almond in center of each cookie and bake in a moderate oven. Remove from cookie sheet at once. Green or red sugar may be used for decorating top.

CHOCOLATE NUT BROWNIES

$\frac{2}{3}$ cup Occident Flour
(sifted).

1 teaspoon baking
powder.

$\frac{1}{2}$ teaspoon salt.

$\frac{1}{2}$ cup butter.

1 cup sugar.

2 squares unsweetened
chocolate.

2 eggs.

$\frac{1}{2}$ teaspoon vanilla.

1 cup walnut meats, broken.

Quantity: $1\frac{1}{2}$ dozen
or 1 9-inch sq. pan.

Temperature: 350°F.

Time: 30 minutes.

Sift flour, baking powder and salt together. Melt chocolate. Cream butter, add sugar and vanilla. Add melted chocolate and unbeaten eggs. Beat well. Add nuts to flour and fold lightly into mixture. Pour into greased cake pan. Bake in moderate oven. Cut in squares while hot. Remove from pan to cool.

SOUR MILK DOUGHNUTS

3 cups Occident Flour
(sifted).

1 teaspoon soda.

1 teaspoon salt.

2 eggs.

1 cup sugar.

1 cup sour milk or
buttermilk.

2 tablespoons shortening.

Quantity: 3 dozen small.

Temperature: 375°F.

Sift flour, soda and salt together. Beat eggs. Add sugar and beat well. Add dry ingredients alternately with milk. Add melted shortening. Chill dough. If this is done, less flour will be used and doughnuts may be handled more easily. Roll out small amount of dough at a time to $\frac{1}{4}$ inch thickness. Cut with floured doughnut cutter. Heat fat to 375°F. Keep at even temperature. Fry a few doughnuts at a time. Place top side down into hot fat. Turn as soon as they rise to top. Fry about 2 minutes on each side, or until golden brown. Drain and place on absorbent paper until cool. Serve plain or dust with powdered sugar.

SWEET MILK DOUGHNUTS

Use sour milk doughnut recipe but substitute one cup sweet milk and 3 teaspoons baking powder for sour milk and soda.



Men Like Pie

THERE is hardly any dessert more popular with the male members of the family than good, old-fashioned pie. Good pie “caps” the meal!

But be careful about your pie crust! Light, flaky crust for your pie insures full appreciation for the filling. A heavy crust spoils the pie and the entire meal.

Occident Flour bakes into an especially fine pie crust. The high quality gluten contained in Occident gives the dough strength—an aid in making those intricate crust patterns you oftentimes want. The same gluten strength enables you to make a thinner crust because the dough holds together better.

You can avoid thick and soggy undercrusts with Occident Flour. Strength in the dough permits rolling out to a delicate, appetizingly thin undercrust.

From the good old “standby” pie, to the fanciest pastry, Occident gives you better baking results . . . insured every time.

Pie Baking in a Nutshell

THE photographs below show how easy and simple it is to make the finest pies. No need to worry about results—Occident gives you insured results. Follow the method shown in the photographs—and use the ingredients given in the recipes on the following pages. You will have pie that “crowns the feast.”



1 Sift flour before measuring. Sift dry ingredients together.



5 Line pie pan with paste. Trim edges.



2 Use cold shortening. Cut into dry ingredients lightly with pastry blender.



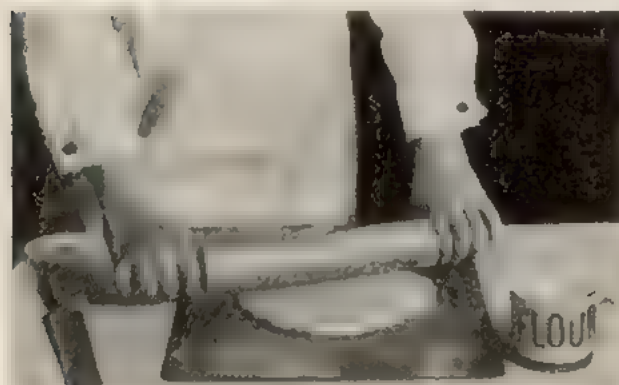
6 Fill with fruit or other filling. Add sugar, flour, cinnamon or nutmeg—as required. Dot with butter.



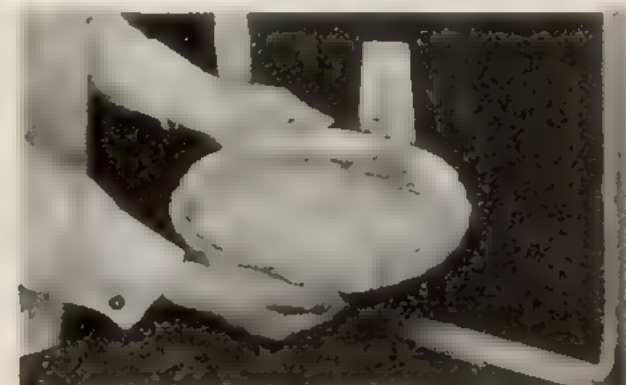
3 Add ice cold water, mixing lightly to stiff dough.



7 Moisten edge of bottom crust. Place top crust. Trim. Press edges together tightly.



4 Place half of paste on floured board. Roll to round thin sheet.



8 Bake in hot oven for 15 minutes. Reduce heat for 30 minutes.

PASTRIES

PLAIN PASTRY

*1 1/2 cups Occident Flour
(sifted).
3/4 teaspoon salt.
1/2 cup shortening.
4-6 tablespoons cold
water.*

*Quantity: 2 9-inch
single shells.*

*Temperature: 450°F.
Time: 10-15 minutes.*

Sift flour and salt together. Cut in cold shortening with knives or pastry blender. Leave mixture coarse. Add cold water slowly. Mix lightly until dough sticks together. Chill. Roll out paste for one crust on lightly floured board. Roll with light quick strokes from center toward outer edge, keeping the shape round. Roll to 1/8 inch thick. Place loosely in pie pan. Cut off edge 3/8 inch from rim of pan, turn under and flute edge with fingers or fork. If single shell is to be made, prick bottom and sides thoroughly with fork. Single shell may be baked on bottom of pie pan.

HOT WATER PIE CRUST

*1/2 cup shortening.
1/4 cup boiling water.
1 1/2 cups Occident Flour
(sifted).
1/2 teaspoon salt.
1/2 teaspoon baking
powder.*

*Quantity: 2 9-inch
single shells.*

*Temperature: 450°F.
Time: 10-15 minutes.*

Sift flour, salt and baking powder together. Pour boiling water over shortening and beat with fork until creamy. Let stand to cool slightly. Add sifted dry ingredients. Mix lightly with fork until mixture clings together. Roll and shape, using same method as that given for plain pastry.

In making either single or double crust pies, use plain pastry or hot water pie crust recipe.

FRESH STRAWBERRY PIE

*1 baked pastry shell.
3 cups fresh ripe
strawberries.
2 tablespoons Occident
Flour.
1 tablespoon cornstarch.
3/4 cup sugar.
1/8 teaspoon salt.
1 1/4 cups water.
2 tablespoons butter.*

Quantity: 1 9-inch pie.

Wash and stem berries. Boil 1 cup berries and 1 cup of water 3 minutes. Press through sieve. Return to top of double boiler. Mix together flour, cornstarch, sugar, salt and the 1/4 cup water. When smooth, add to hot mixture and cook until thick, stirring constantly. Add melted butter. Pour hot mixture over remaining two cups of berries. When cool, pour into crisp baked pastry shell. Cover generously with whipped cream.

(If berries are large, they may be cut in half. A few perfect berries may be reserved to use on top of the whipped cream for decoration.)

CUSTARD PIE

1 unbaked pastry shell.
3 eggs.
 $\frac{1}{2}$ cup sugar.
 $\frac{1}{4}$ teaspoon nutmeg.
 $\frac{1}{4}$ teaspoon salt.
 $\frac{1}{2}$ teaspoon vanilla.
 $2\frac{1}{4}$ cups milk.

Quantity: 1 9-inch pie.

*Temperature: 425°F. for 10 minutes, then
350°F. for 40 minutes.*

Beat eggs slightly. Add sugar, salt, nutmeg, vanilla and milk. Mix thoroughly. Fill unbaked pie shell and bake in hot oven for 10 minutes. Then reduce to moderate oven and bake until, when tested with knife blade, the blade comes out clean.

CREAM PIE

1 baked pastry shell.
2 cups milk.
 $\frac{1}{3}$ cup Occident Flour.
 $\frac{1}{8}$ teaspoon salt.
 $\frac{2}{3}$ cup sugar.
3 egg yolks.
1 tablespoon butter.
1 teaspoon vanilla.

Quantity: 1 9-inch pie.

Scald milk. Mix dry ingredients together, add scalded milk, stirring constantly. Cook in double boiler until smooth and thick, about 15 minutes. Beat egg yolks slightly and add small amount of hot mixture to them. Add this quickly to remainder of hot mixture and cook about 3 minutes longer. Add butter and vanilla. When partly cool, put into baked pastry shell. Cover with meringue and bake in moderate oven or serve with whipped cream.

Variations of Cream Pie

CHOCOLATE CREAM PIE

Prepare cream filling as for cream pie, adding two squares of unsweetened chocolate to hot milk. Cover with meringue or serve with whipped cream.

BANANA CREAM PIE

Prepare cream filling and add two bananas, sliced, before putting into pie shell. Or slice bananas into pie shell, cover with cream filling and serve with whipped cream.

COCOANUT CREAM PIE

Prepare cream filling and add $\frac{1}{2}$ cup shredded cocoanut before putting in pie crust. Sprinkle another $\frac{1}{4}$ cup cocoanut on top or cover with meringue and sprinkle lightly with cocoanut before browning.

BUTTERSCOTCH CREAM PIE

Substitute one cup of brown sugar and 4 tablespoons butter for the $\frac{2}{3}$ cup of white sugar and one tablespoon of butter in cream filling. Cook brown sugar and butter together until thick and bubbling. Add to scalded milk and proceed as directed.

PECAN BUTTERSCOTCH PIE

Follow instructions given for Butterscotch Cream Pie, adding $\frac{1}{2}$ cup pecan meats to the filling.

PEANUT BUTTER PIE

Prepare butterscotch cream filling as given, adding 3 tablespoons of peanut butter.

APPLE PIE

1 recipe plain pastry or
hot water pie crust.
4 cups tart apples (pared
and sliced).
2 tablespoons Occident
Flour.
 $\frac{1}{2}$ to $\frac{3}{4}$ cup sugar.
2 teaspoons cinnamon.
 $\frac{1}{2}$ teaspoon nutmeg.
2 tablespoons butter.

(If apples are not tart, add
1 tablespoon lemon
juice.)

Quantity: 1 9-inch pie.

**Temperature: 450°F. for 15 minutes, then
350°F. for 30 minutes.**

Line a 9 inch pie pan with the pie paste and fill with sliced apples. Mix together flour, sugar and spices, and sprinkle over apples. Add lemon juice if used or if apples are not juicy, 1 tablespoon of water may be added. Place bits of butter on top. Cover with top crust which has been perforated with knife. Moisten edge of under crust with water. Trim upper crust $\frac{1}{2}$ inch wider than lower. Turn under, press edges together, making a fluted edge with the fingers, or press with fork. Bake in a hot oven for 15 minutes, then reduce to moderate oven and bake for 30 minutes longer.

RHUBARB MERINGUE PIE

1 baked pastry shell.
3 cups rhubarb, cut small.
3 tablespoons Occident
Flour.
 $\frac{1}{8}$ teaspoon salt.
 $1\frac{1}{2}$ cups sugar.
3 egg yolks.
 $\frac{1}{3}$ cup orange juice.
 $1\frac{1}{2}$ tablespoons grated
orange rind.

Quantity: 1 9-inch pie.

Wash rhubarb and cut in small pieces. Put in saucepan, cover and steam slowly until tender. No water is used except that which clings to the rhubarb. Mix together flour, salt, sugar, orange rind and juice. Add slightly beaten egg yolks. Combine mixtures and cook until thick, stirring frequently. Let cool. Put in baked pastry shell. Top with meringue (use recipe given with lemon meringue pie) and bake in moderate oven until brown.

LEMON MERINGUE PIE

1 baked pastry shell.
2 tablespoons Occident
Flour.
 $\frac{3}{4}$ cup sugar.
2 tablespoons cornstarch.
 $\frac{1}{4}$ cup cold water.
 $\frac{3}{4}$ cup boiling water.
3 egg yolks.
 $1\frac{1}{2}$ tablespoons butter.
 $\frac{1}{4}$ cup lemon juice.
1 teaspoon grated lemon
rind.
 $\frac{1}{4}$ teaspoon salt.

Quantity: 1 9-inch pie.

Mix flour, sugar and cornstarch together in top of double boiler. Add cold water. Mix well. Gradually add boiling water, stirring constantly. Cook 12-15 minutes, until thick and clear. Beat egg yolks. Add to hot mixture. Add butter and salt. Heat until thickened, about 4 or 5 minutes. Remove from heat. Add lemon rind and juice. Let cool about 20 minutes. Fill baked pastry shell with cooled filling. Cover with meringue and bake as directed.

Meringue

3 egg whites.
 $\frac{1}{3}$ cup granulated sugar.
 $\frac{1}{4}$ teaspoon cream of
tartar.
 $\frac{1}{4}$ teaspoon salt.
1 teaspoon lemon juice.

Temperature: 350°F. Time: 15 minutes.

Beat egg whites until foamy. Add salt and cream of tartar and beat until stiff but not dry. Add sugar gradually, beating it in carefully. Add lemon juice. Spread over pie filling and bake in moderate oven.

(This meringue used on other pies may be flavored with $\frac{1}{2}$ teaspoon vanilla instead of lemon juice.)

LEMON CHIFFON PIE

1 baked pastry shell.
3 eggs.
 $\frac{1}{4}$ cup lemon juice.
3 tablespoons hot water.
1 teaspoon grated lemon rind.
 $\frac{1}{8}$ teaspoon salt
1 cup sugar.

Quantity: 1 9-inch pie.

Temperature: 375°F.
Time: 15 minutes.

Beat the 3 egg yolks until very light. Add lemon juice and rind, salt, hot water and $\frac{1}{2}$ cup sugar. Cook all together in double boiler until thick stirring constantly. Beat egg whites until stiff but not too dry. Add the remaining $\frac{1}{2}$ cup sugar gradually. Fold egg whites into hot mixture lightly. Pour into baked pastry shell. Brown lightly in a moderate oven.

PUMPKIN PIE

1 unbaked pastry shell.
 $1\frac{1}{4}$ cups pumpkin, steamed and strained, or canned.
 $\frac{1}{4}$ teaspoon salt.
 $\frac{3}{4}$ cup sugar.
 $\frac{1}{2}$ teaspoon nutmeg.
 $\frac{1}{2}$ teaspoon ginger.
1 teaspoon cinnamon.
3 eggs.
 $1\frac{3}{4}$ cups milk.
($\frac{1}{4}$ teaspoon each of all-spice and cloves may be added if desired.)

Quantity: 1 9-inch pie.

Temperature: 475°F. for 10 minutes, then 350°F. for 40-50 minutes.

Mix salt, sugar and spices together and add to pumpkin. Add slightly beaten eggs and milk. Stir until well mixed. Fill unbaked pie shell and bake in hot oven for 10 minutes. Then reduce to moderate oven and bake until, when tested with knife blade, the blade comes out clean. Serve plain or with whipped cream.

ANGEL FOOD PIE

1 baked pastry shell.
1 cup sugar.
1 cup crushed pineapple and juice.
 $1\frac{1}{2}$ cups water.
 $\frac{1}{4}$ teaspoon salt.
2 tablespoons Occident Flour.
2 tablespoons cornstarch.
2 egg whites.

Quantity: 1 9-inch pie.

Heat sugar, pineapple and juice and one cup of the water in top of double boiler. Mix flour, cornstarch and salt with one-half cup cold water and add to hot mixture. Cook until thick, stirring occasionally. Beat egg whites until stiff and fold lightly into hot mixture. Allow to cool. Put into baked pastry shell. Cover with generous layer of sweetened whipped cream.

BLUEBERRY PIE

1 recipe plain pastry or hot water pie crust.
1 quart fresh blueberries or 3 cups canned blueberries, drained.
2 tablespoons Occident Flour.
 $\frac{3}{4}$ cup sugar.
1 tablespoon lemon juice.
1 tablespoon butter.

Quantity: 1 9-inch pie.

Temperature: 450°F.
Time: 25 minutes.

Line a 9 inch pie pan with the pie paste. Mix together flour and sugar, add to prepared berries and add lemon juice. Turn into unbaked shell. Place small pieces of butter on top and cover with top crust, or cut pie paste in strips and cover berries with latticed top made of these strips. Bake in hot oven.

Cranberry, peach, cherry and rhubarb pies or tarts may be made in this same manner.

RICH PUFF PASTE

(Use for pastry shells, tarts or individual shells).

2 cups Occident Flour
(sifted).

1 cup butter.

$\frac{1}{2}$ teaspoon salt.

4-6 tablespoons cold water.

Quantity: 2 9-inch single shells or 1 dozen tarts or individual pastry shells.

Temperature: 450°F. **Time:** 15 minutes.

Sift flour and salt together. Cut in $\frac{1}{2}$ cup of butter with knives or pastry blender. Leave mixture coarse. Add cold water slowly. Mix lightly until dough sticks together. Chill about 10 minutes. Roll out paste, dot with small bits of cold butter. Fold pastry over several times. Chill again for 10 minutes. Repeat until all butter is rolled into pastry in same manner. Chill after each rolling. When ready to use, roll paste on lightly floured board, using light, quick strokes. Roll from center toward outer edge. For tarts or individual shells, cut with floured cookie or biscuit cutter and bake in hot oven.

INDIVIDUAL TARTS

Line shallow muffin pans with circles of puff paste, making a fluted edge. Prick well with fork before baking.

FRESH BERRY TARTS

Individual tart shells filled with sweetened fresh berries (strawberries, blueberries or raspberries) and topped with whipped cream.

CREAM TARTS

Fill baked tart shells with any of the cream fillings given under Cream Pie and Variations of Cream Pie Filling.

Suggestions for Making Pastry

1. Chill all ingredients.
2. Use the least possible amount of liquid.
3. Paste should be rolled lightly and deftly, working from the center, in all directions, to make it round and fit the pan.
4. Lay the paste on the pan loosely, making sure that no air spaces are left at the side or bottom of the pan.
5. Perforate top crust with a fork to allow the steam to escape.
6. If filling is very juicy, cut upper crust one-half inch larger in diameter than necessary, and turn the excess under the edge of under crust previously moistened. Press edges together tightly.



Desserts

ALMOND TORTE

7/8 cup Occident Flour
(sifted).
2 teaspoons baking
powder.
1/4 teaspoon salt.
1/3 cup butter.
1/2 cup sugar.
4 egg yolks.
1 teaspoon vanilla.
1/4 cup milk.

Quantity: 2 8½-inch
layers.

Temperature: 350°F.
Time: 35 minutes.

Sift flour, baking powder and salt together four times. Cream butter, add sugar gradually and cream well. Add unbeaten egg yolks and beat thoroughly. Add vanilla. Add sifted dry ingredients alternately with milk. Pour into two loose bottom layer cake pans and cover each with meringue, using following recipe.

Meringue for Torte

4 egg whites.
1 cup sugar.
1/2 cup blanched almonds,
halved.

Beat egg whites until stiff but not too dry. Add sugar gradually, beating constantly. Pile one-half of meringue in center of each layer. Spread to within one inch of side of pan. Place halves of almonds on edge into meringue. Bake in moderate oven. When cool, serve with whipped cream, fresh berries or ice cream between layers.

FRESH STRAWBERRY CREAM LOAF

*1/8 cup Occident Flour
(sifted).
1 teaspoon baking
powder.
1 cup sugar.
3 tablespoons cold water.
1/4 teaspoon salt.
3 eggs.
1 teaspoon vanilla.
3/4 cup fresh strawberries.*

*Quantity: 1 loaf,
5"x9".*

*Temperature: 350°F.
Time: 25 minutes.*

Sift flour and baking powder together 4 times. Put remainder of ingredients into mixing bowl and beat with a rotary egg beater until mixture is light and sugar thoroughly dissolved. Fold sifted dry ingredients in slowly with egg beater. Pour into loaf pan lined with waxed paper and bake in a moderate oven. When the cake is cool, cut a triangular section out of the top. Fill the cavity about two-thirds full of cream filling and press three-fourths cup of fresh strawberries which have been cut in half, into the cream. Place the cut-out section of the cake, peak up, on top. Ice the top and sides of cake with strawberry icing.

Cream Filling

Use recipe given for Cream Filling under Cream Puffs and Eclairs.

Strawberry Icing

*2 tablespoons corn syrup.
1 1/2 cups powdered sugar.
Mashed fresh strawberries.*

Mix together corn syrup and sugar. Mash strawberries or rub through sieve. Add enough of the strawberries to the sugar and syrup mixture to make icing of creamy consistency.

UPSIDE DOWN CAKE

*1 recipe sponge cake
batter.
1/4 cup butter.
3/4 cup brown sugar.
4 slices pineapple.
4 maraschino cherries.
1/4 cup pecan meats.*

*Quantity: 1 round 9" pan or heavy frying pan.
Temperature: 350°F. Time: 30 minutes.*

Use same sponge cake recipe given for Fresh Strawberry Cream Loaf, omitting vanilla and adding 1 tablespoon lemon juice instead of 1 tablespoon of the water. Melt butter in heavy pan and cover with brown sugar. Place one slice of pineapple in center and arrange half slices around edge of pan. Put halves of cherries in center of pineapple and fill space in between fruit with halves of pecan meats. Bake in moderate oven. Turn out of pan while hot. Serve with whipped cream.

COTTAGE PUDDING

*1 3/4 cups Occident Flour
(sifted).
3 teaspoons baking
powder.
1/2 teaspoon salt.
1/4 cup butter.
2/3 cup sugar.
1 egg.
1 teaspoon vanilla.
1 cup milk.*

*Quantity: serves twelve. Temperature: 375°F.
Time: 20 minutes.*

Sift flour and baking powder together. Cream butter, add sugar gradually and cream well. Add unbeaten egg and vanilla. Mix thoroughly. Add sifted dry ingredients alternately with milk. Pour into greased muffin pans. Bake in moderate oven. Serve with desired pudding sauce. (see Fillings, etc., Section).

CHOCOLATE ROLL

*3/4 cup Occident Flour
(sifted).
4 tablespoons cocoa, meas-
ured after sifting.
1 teaspoon baking
powder.
1/4 teaspoon salt.
1 cup sugar.
3 eggs.
3 tablespoons cold water.
1/2 teaspoon vanilla.*

**Quantity: 12 servings. Temperature: 350°F.
Pan 9"x13"x3/4". Time: 20 minutes.**

Sift flour, baking powder and cocoa six times. Put remaining ingredients into mixing bowl and beat with rotary egg beater until light and foamy and until sugar is thoroughly dissolved. Fold sifted dry ingredients in gradually. Pour into shallow pan, lined with waxed paper and bake in moderate oven. When baked, trim edges with sharp knife, loosen from pan with spatula and turn onto cloth sprinkled lightly with powdered sugar. Roll slowly, holding cloth close to cake. Place on cake rack to cool. Before serving, unroll cake and fill with whipped cream, ice cream, chocolate fudge or marshmallow filling. Serve with or without chocolate sauce.

Variation of Chocolate Roll

CHOCOLATE CREAM TORTE

Use recipe and method given for chocolate roll. Before cake is turned onto cloth, cut crosswise into four sections. When cool, spread whipped cream or ice cream between layers and on top and sides of loaf. Sprinkle top and sides of torte generously with 1 cup lightly browned cocoanut. (To brown cocoanut, spread on baking sheet and brown lightly at 350°F. for 10 minutes. Stir to avoid burning.) Cut in slices and serve with or without chocolate sauce.

Chocolate Sauce for Chocolate Roll or Torte

*2 tablespoons butter.
2 squares unsweetened
chocolate.
1 1/2 cups powdered sugar.
1 cup hot water.
1/2 teaspoon vanilla.*

Melt butter and chocolate in top of double boiler. Add sugar and hot water. Cook 15 minutes. Add vanilla. Serve hot or cold.

DATE NUT DESSERT

*1 1/4 cups Occident Flour
(sifted).
1 teaspoon baking
powder.
1 teaspoon soda.
1/4 teaspoon salt.
2 tablespoons butter.
1 cup sugar.
1 egg.
1 teaspoon vanilla.
1 cup boiling water.
2 cups dates, chopped.
1 cup walnut meats, broken.*

**Quantity: 12 servings. Temperature: 350°F.
Bake in 9" loaf pan. Time: 45 minutes.**

Sift flour, soda, baking powder and salt together. Cream butter, add sugar, egg and vanilla and mix well. Pour boiling water on dates. Mix nut meats with sifted dry ingredients and add alternately with water and dates. Pour into loaf pan, lined with waxed paper and bake in moderate oven. Serve with whipped cream.

STEAMED FRUIT PUDDING

1 1/2 cups Occident Flour
(sifted).

1 cup brown sugar.

1/2 teaspoon salt.

1 teaspoon soda.

1 teaspoon cinnamon.

1 teaspoon nutmeg.

1/2 teaspoon cloves.

1 cup suet (ground).

1/2 cup walnut meats,
broken.

1 cup raisins.

1 cup fresh apples,
cut in cubes.

1 cup sour milk or
buttermilk.

1/2 cup sugar.

1/8 teaspoon salt.

1 tablespoon cornstarch.

1 cup boiling water.

2 tablespoons butter.

2 tablespoons lemon juice.

Quantity: 10 servings.

Sift flour, salt, soda and spices together. Add sugar, suet, nut meats, raisins and apples, and mix well. Add milk gradually and mix lightly with fork or pastry blender. Pour into greased pan or molds and steam 2 hours. Serve hot with Lemon Sauce.

Lemon Sauce

Mix sugar, salt and cornstarch together thoroughly, and add to boiling water, stirring constantly. Cook until clear. Add butter and lemon juice. Serve while warm on Fruit Pudding.

CREAM PUFFS and ECLAIRS

Quantity: 1 dozen large puffs or 1 1/2 dozen
medium eclairs.

Temperature: 450°F. for 10 minutes, then
400°F. for 25 minutes.

1 cup Occident Flour
(sifted).

1/4 teaspoon salt.

1/2 cup butter.

1 cup boiling water.

4 eggs.

Sift flour and salt together. Melt butter in boiling water. Add flour and salt and stir well. Cook until it forms a ball which does not separate. Remove from heat. Add eggs one at a time, beating well after each addition. When smooth, drop by teaspoonfuls 2 inches apart on greased baking sheet. Bake puffs in hot oven. Then reduce to moderate oven to finish baking.

For Eclairs

Press mixture through pastry tube, making eclairs 1/2 inch to 1 inch in diameter, and 3 to 4 inches long. Bake same as puffs.

To fill—press whipped cream or cream filling into side of puffs or eclairs with pastry tube or cut along the edge and fill. Serve with whipped cream, ice cream or fresh fruit.

Cream Filling

1/3 cup Occident Flour

1/8 teaspoon salt.

2/3 cup sugar.

2 cups milk.

3 egg yolks.

1 tablespoon butter.

1 teaspoon vanilla.

Scald milk. Mix together flour, salt and sugar and add slowly to hot milk, stirring well. Cook until smooth and thick, about 15 minutes. Beat egg yolks slightly. Add small amount of hot mixture to beaten eggs, then add this quickly to remainder of hot mixture. Cook three minutes. Add butter and vanilla. Allow to cool before filling cream puffs or eclairs.



Variety With Whole Wheat

THE following recipes are based on the use of OCCIDENT 100% Whole Wheat Flour. Because of its unusual purity and strength OCCIDENT 100% Whole Wheat Flour delivers the maximum of benefit in dietetic work where flour of this type is necessary.

Some users of Whole Wheat Bread prefer the addition of a small amount of white flour to Whole Wheat Flour—thus giving the finished product a finer texture and different flavor. With this in mind, several recipes have been listed for Whole Wheat Bread, based upon varying proportions of white flour mixed with OCCIDENT 100% Whole Wheat Flour.

OCCIDENT 100% Whole Wheat Flour is milled from the most carefully selected wheat. All OCCIDENT mills employ extensive cleaning processes, including the thorough washing and scouring of each wheat kernel before it is milled.

WHOLE WHEAT RECIPES

WHOLE WHEAT BREAD

10 cups Occident 100%
Whole Wheat Flour.
2 cups milk.
2 1/4 cups water.
2 cakes of compressed
yeast.
2 tablespoons sugar.
1 1/2 tablespoons salt.
2 tablespoons shortening.

Quantity: 4 loaves. **Temperature:** 400°F.
Time: 1 hour.

Dissolve yeast and sugar in 1/4 cup lukewarm water. Sift flour. Scald milk, add water and salt, and cool until lukewarm (80-82°F.). To this add dissolved yeast and sugar. Add one-half of the flour and beat thoroughly. Add melted shortening. Add remainder of flour gradually and beat thoroughly after each addition. Turn onto lightly floured board and knead until smooth and elastic. Place in bowl, cover and allow to rise in warm place, 80 to 85°F. until double in bulk—about 2 hours. Punch down, let rise about 30 minutes. Shape into loaves that will half fill pans. Place in greased bread pans and allow to rise until dough fills pans well, about 1 hour. Bake in moderate oven. Remove from pans and allow to cool before storing.

WHOLE WHEAT PRUNE BREAD

1 cup Occident White
Flour (sifted).
1 cup Occident 100%
Whole Wheat Flour.
1/4 cup sugar.
1 teaspoon salt.
4 teaspoons baking powder.
1 egg.
1 1/4 cups milk.
1/2 cup prunes, cooked and
chopped.
4 tablespoons melted
shortening.

Quantity: 1 loaf,
5"x9". **Temperature:** 375°F.
Time: 1 hour.

Sift flour, sugar, salt and baking powder together. Beat egg, add milk and sifted dry ingredients gradually. Fold in chopped prunes and melted butter. Put into loaf pan lined with waxed paper and bake in a moderate oven. Dates or figs may be used in place of prunes if desired.

WHOLE WHEAT MUFFINS

(Plain)

1/2 cup Occident White
Flour (sifted).
1 1/4 cups Occident 100%
Whole Wheat Flour.
1 teaspoon salt.
4 teaspoons baking powder.
1/4 cup sugar.
1 egg.
1 1/4 cups milk.
4 tablespoons melted
shortening.

Quantity: 1 dozen
medium. **Temperature:** 400°F.
Time: 25 minutes.

Sift white and whole wheat flour, baking powder, salt and sugar together. Beat egg and add to milk. Combine mixtures. Add melted shortening. Fill greased muffin pans half full and bake in moderate oven.

FRUIT WHOLE WHEAT MUFFINS

For Date, Raisin or Prune Whole Wheat Muffins add $\frac{1}{2}$ cup of chopped dates, raisins or cooked prunes to the Whole Wheat Muffin recipe.

WHOLE WHEAT PECAN MUFFINS

$\frac{3}{4}$ cup Occident White Flour (sifted).

1 cup Occident 100% Whole Wheat Flour.

1 teaspoon salt.

4 teaspoons baking powder.

3 tablespoons brown sugar.

1 egg.

$1\frac{1}{4}$ cups milk.

4 tablespoons shortening.

$\frac{1}{2}$ cup pecan meats, broken.

Quantity: 1 dozen
medium.

Temperature: 400°F.

Time: 20 minutes.

Sift white and whole wheat flour, baking powder and salt together. Add brown sugar, and nut meats. Beat egg, mix with milk and add to dry ingredients. Mix lightly. Add melted shortening. Fill greased muffin pans half full and bake in moderate oven.

WHOLE WHEAT PUDDING

$\frac{1}{4}$ cup Occident White Flour (sifted).

1 cup Occident 100% Whole Wheat Flour.

$\frac{1}{4}$ cup sugar.

1 teaspoon salt.

2 teaspoons baking powder.

$\frac{1}{3}$ cup suet, chopped.

4 eggs.

$\frac{1}{2}$ cup milk.

$\frac{1}{2}$ cup walnut meats, broken.

$\frac{1}{2}$ cup mixed fruit, including citron, currants, raisins and candied pineapple.

Quantity: 12 servings. **Temperature:** 350°F.

Time: 45 minutes.

Sift flour, sugar, salt and baking powder together. Add chopped suet, fruit and nuts. Beat eggs, mix with milk and combine mixtures. Pour into greased pan or molds and steam 2 hours—or put into loaf pan lined with waxed paper and bake in moderate oven. Place shallow pan containing water on lower shelf of the oven. Remove pan of water after 30 minutes and continue baking 15 minutes. Serve hot with Fruit Sauce or Butterscotch Sauce.

Fruit Sauce

$\frac{1}{4}$ cup butter.

$\frac{1}{4}$ cup sugar.

$\frac{3}{4}$ cup sweetened fruit juice or jelly.

2 egg yolks.

Melt butter in top of double boiler. Add sugar and fruit juice or jelly. Heat thoroughly. Add small amount of hot mixture to slightly beaten egg yolks. Mix this quickly with remainder of hot mixture, stirring constantly. Cook until slightly thickened, about 10 minutes.

Butterscotch Sauce

$\frac{1}{4}$ cup butter.

1 cup brown sugar.

2 tablespoons Occident Flour.

1 cup hot water.

$\frac{1}{2}$ teaspoon vanilla.

Mix flour and sugar together thoroughly. Melt butter in top of double boiler. Add flour and sugar and boiling water. Let come to a boil and boil 5 minutes. Remove from heat. Add vanilla.

WHOLE WHEAT BREAD

*1 1/2 cups Occident 100%
Whole Wheat Flour.
1 cup Occident White
Flour (sifted).
1/2 cup milk.
1/2 cup water.
1 tablespoon sugar.
1 cake compressed yeast.
1 1/4 teaspoons salt.
1 tablespoon shortening.*

**Quantity: 1 loaf. Temperature: 400°F.
Time: 45 minutes.**

Dissolve yeast and sugar in 1/4 cup of the lukewarm water. Scald milk, cool to 82°F. Add remainder of water, salt, and the dissolved yeast and sugar. Add Occident White Flour and beat thoroughly. Add shortening, then Whole Wheat Flour gradually, beating thoroughly after each addition. Turn onto lightly floured board (use white flour on board) and knead until smooth and elastic. Place in bowl, cover and allow to rise in warm place 80 to 85°F. until double in bulk—about one hour. Punch down, let rise again about 30 minutes. Shape into loaf. Place in greased pan. Allow to rise until dough fills the pan, about 45 minutes. Bake in moderate oven. Remove from pan and allow to cool before storing.

WHOLE WHEAT FRUIT BUTTERSCOTCH ROLLS

*1 cup Occident 100%
Whole Wheat Flour.
1 cup Occident White
Flour (sifted).
4 teaspoons baking
powder.
1 teaspoon salt.
1/4 cup shortening.
3/4 cup milk.*

(Butterscotch Filling)

*3 tablespoons melted butter.
1/4 cup brown sugar.
1 teaspoon cinnamon.
Mix butter, brown sugar
and cinnamon together
to creamy paste.
1/4 cup walnuts, broken.
1/4 cup chopped dates or
raisins.*

**Quantity: 1 dozen
medium. Temperature: 425°F.
Time: 25 minutes.**

Sift flour, baking powder and salt together. Cut shortening into dry ingredients, using pastry blender or two knives. Add milk, mixing lightly. Turn onto lightly floured board. Pat or roll to 1/4 inch thickness. Spread with butterscotch filling. Put layer of walnut meats and chopped fruit on top. Cut into 3/4 inch strips. Roll each strip loosely. Place close together in square pan, the bottom of which is covered with two tablespoons melted butter and four tablespoons brown sugar. Bake in moderate oven. Remove from pan while hot. Serve as sweet fruit roll or as dessert with whipped cream or pudding sauce.

WHOLE WHEAT POPOVERS

*1/2 cup Occident White
Flour (sifted).
1/2 cup Occident 100%
Whole Wheat Flour.
1/2 teaspoon salt.
2 eggs.
1 cup milk.
2 teaspoons melted
shortening.*

**Quantity: 1 dozen medium.
Temperature: 450°F. for 15 minutes, then
350°F. for 25 minutes.**

Heat well greased muffin pans in hot oven. Sift flour and salt together into mixing bowl. Add milk, eggs and melted shortening and beat well until batter is light and smooth. Fill hot muffin pans one-third to one-half full and place in hot oven for 15 minutes. Then reduce heat to moderate oven to finish baking.



Occident Wheat Cereal

—a companion product to Occident Flour—is offered to you on the same money-back guarantee that accompanies Occident Flour. If you do not agree, after trial, that Occident Wheat Cereal is a better value than any other cereal you have ever purchased, the price will be refunded without question.

This product is particularly adapted to the diet of children. It is a quick-energy food that rebuilds worn tissue and supplies strength for the day's play.

You, too, will like Occident Wheat Cereal. It has a distinctive flavor all its own and is a food that you will find helpful in stretching the budget for your table. The low cost of Occident Wheat Cereal enables you to serve a food of highest energy value while saving on the cost of more expensive varieties.

Occident Wheat Cereal is sold by dealers who handle Occident Flour.

A Brief Story of Occident

In 1901 two small mills, built some years before, were operating in Valley City and Jamestown, N. D. They were in the heart of the hard wheat district of the northwest, the section conceded by all experts to produce some of the finest wheat grown anywhere in the world. The head miller—Arthur Miller, by name—was a student, and one of the founders of the Russell-Miller Milling Co. He studied wheat and flour—original methods of separation and purification. The result was a much better quality of flour, a flour that was the most sought after in all North Dakota.

Growth of Capacity

From this small beginning, with a daily capacity of 225 barrels, the Russell-Miller Milling Co. now owns thirteen flour mills with a combined capacity of over 16,000 barrels of flour and 600 tons of feed—enough flour and feed to make up a train load of over one hundred cars every day.

In order to provide an ample reserve storage of wheat to keep the quality of Occident Flour constantly uniform, the Russell-Miller Milling Co. has one hundred and forty elevators situated at advantageous points throughout selected wheat sections of North Dakota and Eastern Montana.

Storage of 17,000,000 Bushels

In addition, there are three huge terminal elevators which have facilities for storing 12,000,000 bushels. Combining this immense terminal elevator capacity with the 4,000,000 bushel capacity of the country elevators and the elevators attached to country mills (capacity, 1,000,000 bushels), the company has equipment for storage of 17,000,000 bushels.

The Occident mills operate on one standard of uniformity. Every bushel of wheat is put through special equipment that not only washes each kernel—but actually scours it as well. Daily tests in well equipped laboratories thoroughly safeguard the quality of Occident Flour. The maximum amount of modern machinery is used. No “short cuts” are employed. Quality of product is the basis of every operation and the thought foremost in the mind of every employee in all Occident Mills.

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The **OCCIDENT** Guarantee

TRY a sack of Occident and make as many bakings as you wish. If you are not better satisfied with your baking results, return the unused portion of the sack, and get your money back.

The price of Occident Flour is at all times sufficient to permit:

1. *The exclusive use of the most carefully selected wheat.*
2. *The maintenance of clean and modern mills.*
3. *The employment of extensive purifying processes, including the thorough washing of each wheat kernel.*
4. *The employment of the most skillful millers to maintain the many complicated processes at highest efficiency.*

We guarantee the quality of Occident Flour to be sufficiently superior so as to be immediately noticeable.

We guarantee that you can make bread from it which cannot be excelled in purity, whiteness, rich flavor, fine even texture and general goodness.

In accordance with the terms of this guarantee, every dealer has authority to refund the full purchase price to any dissatisfied Occident customer.

RUSSELL-MILLER MILLING CO.

*General Offices, Minneapolis, Minn.
Eastern Headquarters, Buffalo, N. Y.*



Thirteen mills maintain uniform excellence of quality.

